Achieving long-term health with an elemental diet & natural supplementation plan

Jini Patel Thompson
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Praise for Jini Patel Thompson and *The IBD Remission Diet*

“Having recently undergone the second of two major surgeries for severe ulcerative colitis, I decided to go on a two week course of Absorb Plus (exclusively, no other food) with the goal of restoring balance to my gut, losing some weight, and generally “detoxifying” my system.

This is a terrific product. I felt great the whole time I was taking Absorb Plus. The immediate outcome was a reduction in my cravings for caffeine and other stimulants, a huge boost in energy levels, and the loss of an unwanted 12 lbs, which has stayed off. Since my surgeries, I have been prone to painful blockages.

After taking Absorb Plus, my digestion has vastly improved and I have had no blockages at all. Taking AP has led me to question whether my surgeries might even have been averted had this product been available to me earlier. I still use Absorb Plus on an occasional basis as part of regular health maintenance. The shakes are delicious, easy and particularly useful when I’m in too much of a rush to cook.”

*S.S., Ontario, Canada*

“My daughter is 22 years old and has been diagnosed with Crohn’s disease when she was 11. Since then she had many flare ups and before learning about *The IBD Remission Diet*, they were managed with a lot of medication and sometimes elemental diets that tasted awful. This last relapse, just a month ago, she decided to give it a try and go on a liquid diet exclusively on the Absorb Plus (5-6 shakes a day). It was a life saver!!!!!!! The fevers were gone and her energy went up faster and without all the side effects of so many medications.”

*A.P., New York, USA*

“I cannot say enough about Absorb Plus. I am 26 yrs old with crohn’s disease and as a last resort before going on steroids again I tried the shakes. They did take about 4 days to work because at the beginning I had nausea among other symptoms which could of been a detox process or just because I was very ill when I started to take them. By the 7th day I could not believe the amount of energy I had and in general how good I was feeling. It was the best I have felt in months!

I think these shakes are amazing and I really crave drinking them - and the chocolate flavor tastes GREAT! I’m so glad I know I can use this product when things get really bad. Although I plan to keep using it as a supplement in the morning 3-5 times a week once I am back up to my normal food intake.”

*L.M., Michigan, USA*
“Here’s how The IBD Remission Diet has changed my life: Since I started on the Absorb Plus I have gone from being so run down and malnourished that I could barely move around, to achieving the energy levels required to do light housework, yoga and even do the unthinkable - Spring Cleaning & outdoor gardening! What I relish the most is that now I have enough energy to enjoy being around my family and friends partaking in backyard barbecues just like the good old days.”

M.D., Ontario, Canada

“I did some internet research on Crohn’s and stumbled across Jini Patel Thompson’s IBD books, Listen To Your Gut and The IBD Remission Diet. I went on the shakes for about a month, and during the course of the month, felt my symptoms vanish. I also added UDO’s choice oil to the regimen, which is some good magic on it’s own!”

D.F., Georgia, USA

“I have had Crohn’s Disease for four years now and the prescription drugs have done nothing to help the up and down cycles of the disease. Jini’s book Listen to Your Gut helped me a great deal and through that I learned of The IBD Remission Diet which lead me to the Absorb Shakes. Having been on the Shakes for 4 weeks now, I have put on weight and feel better than I have in years. This better feeling is also a cleaner one because I am weaning myself off the drugs as I continue on the shake diet.

There has been a sea change in my stomach since four weeks ago when I was on the verge of another flare. The taste is outstanding and when mixing up the day with broth and jello, there is a slight reluctance to return to regular food. What I am most grateful for is knowing that there is another avenue to maintain health and stem flares rather than steroids.”

L.R., California, USA

“I battled Crohn’s disease for 2 years. During that time I was hospitalized six times, lost 30 pounds, and became a shadow of who I had been. Trips to the bathroom were frequent, bloody, and painful. I was taking so much medication I was swallowing 20 pills a day. I became depressed and started to lose hope that I would ever lead a normal life again.

I started drinking Absorb Plus about six months ago. It was the only nourishment my body seemed willing to accept. I drank 3-4 shakes a day, gradually went off all my meds, and began to absorb more food as my colon healed. After six months of shakes I am finally myself again. I regained the weight I had lost, am bursting with energy, and I’m laughing again. I still drink Absorb Plus as a morning shake because I love the taste and it’s a great way to start the day.”

B.R., Los Angeles, USA
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To my wonderful mother, Anita, and my husband, Ian, who supported me through the research, encouraged me, made the broths, and whipped up shakes tirelessly! My success in health is yours as well as mine.

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And to my thousands of readers who sent me their feedback, questions and stories after the first edition of the book – you are the reason this second edition is SO much better! With much love and thanks to all who have shared their knowledge and experience, so we can improve protocols and others can benefit.
THE STORY & THE VISION

Do not go where the path may lead, go instead where there is no path and leave a trail.
Ralph Waldo Emerson
The IBD Remission Diet is a very specific natural diet and supplementation plan devised to induce disease remission; by completely healing the GI tract, eliminating the pathogenic bacteria in your intestine and replacing them with good bacteria, and restoring health and balance from the cellular level on up throughout the immune system. Although it is specifically formulated to address inflammatory bowel conditions like Crohn’s, ulcerative colitis and diverticulitis, you will probably find other health problems will also be automatically resolved as the program facilitates extensive whole body healing.

My previous book, *Listen To Your Gut: Natural Healing & Dealing With Inflammatory Bowel Disease & Irritable Bowel Syndrome*, contains a section on using an elemental diet to induce disease remission, or test for food allergies. However, feedback from readers told me they wanted more. Following an elemental diet is a difficult undertaking, requiring a lot of self-discipline, and they wanted more information on the basis and reasoning behind the diet and also more detailed instructions on implementation. This book provides both and I have also extended the elemental diet to include my whole-body-healing supplementation plan.

My view is that if you’re going to undertake something as difficult and restrictive as an elemental diet, then you might as well fully commit to it and use this period to facilitate a complete overhaul and root-level healing of your body and immune system. And who knows, many of you may even experience the C-word (cure!) as a result.

After several thousand readers had implemented the IBD Remission Diet (as presented in the first edition of this book) I learned a lot from the feedback, questions and experiences of those early testers. So the book you now hold in your hands (the second edition) is considerably improved and provides an even faster healing experience than the First.

The most significant change between the first and second editions of *The IBD Remission Diet* is that I now advise people to start immediately on *Jini’s Wild Oregano Oil Protocol* and high dose probiotic supplementation – as the people who have done this from the beginning have obtained the fastest results along with a significant reduction of unpleasant effects (less explosive bowel movements, less bloating, less pain, faster symptom healing, etc.).
Elemental Diet Clinical Trials

Recent clinical trials involving children with active Crohn’s disease in England and Italy have demonstrated that “elemental diet therapy is as effective as steroids in inducing remission, whilst avoiding steroid side effects.”¹

In the English study, 44 children with Crohn’s were put on an elemental diet and 40 of them (90%) achieved clinical remission in an average of 6 weeks (individual times on the elemental diet ranged from 2 - 12 weeks).

In the Italian study, 37 children were assigned to an elemental diet and 10 children were assigned methylprednisone (steroids). 32 (86%) of the children on the elemental diet achieved clinical remission in an average of 2.5 weeks and 9 of the children on steroids achieved clinical remission in an average of 3.7 weeks. However, 7 of the children on the elemental diet showed complete healing of the mucosal lining of the intestine, while none of the children on steroids showed healing of the mucosal lining.

As Dr. Robert Canani summarized: “In children with active Crohn’s disease, exclusive nutritional therapy shows a more rapid effect than steroids in inducing clinical remission and is markedly more effective than steroids in producing healing of mucosal inflammation.”²

It’s an important distinction to keep in mind that whilst steroids and other drug-induced remission can result in a cessation of symptoms - so the person feels the disease is gone and they’re healthy – it does not necessarily mean the intestinal mucosa is healed and no longer inflamed.

### Different Types of Elemental Diets
~ Elemental, Polymeric, Semi-Elemental ~

In the years following the publication of the First edition of The IBD Remission Diet, I received a few emails from people suggesting that only products with free-form amino acids as their protein source qualify as “elemental” diet products.

Back when I first formulated Absorb Plus (in 1998), cold-extracted
whey protein isolate was considered one of the best protein sources for an elemental diet – because the common allergens (like casein and lactose) were removed and the whey protein was not denatured by heat or chemical extraction methods. At that time, the clinical studies on “elemental diets” varied between using free-form amino acids, whey isolate, whey concentrate, egg albumin, etc. and all were considered acceptable ingredients in an “elemental” shake.

However, I’ve since conducted a review of the current medical literature and it seems that the definitions are shifting, but as yet, are still not clear as to what constitutes an “elemental diet” in today’s usage. Following is a summary of the data.

According to the Medical Dictionary:

**Elemental Diet** – contains nutrients as small molecular weight compounds, i.e. proteins as amino acids or peptides, carbohydrates as oligosaccharides or monosaccharides, and fats as medium-chain triglycerides. Used in the treatment of gastrointestinal disease. Called also monomeric diet.

So according to that definition, Absorb Plus (which contains whey isolate) would qualify as an “elemental” product since whey isolate is a protein peptide.

However, according to an article by gastroenterologist Diklar Makola M.D, PhD, at the University of Virginia, Absorb Plus would be considered “semi-elemental” and a “specialized formula”:

“The EN [elemental nutrition] formulas differ in their protein and fat content and can be classified as elemental (monomeric), semi-elemental (oligomeric), polymeric or specialized. **Elemental** formulas contain individual amino acids, glucose polymers, and are low fat with only about 2% to 3% of calories derived from long chain triglycerides (LCT). **Semi-elemental** formulas contain peptides of varying chain length, simple sugars, glucose polymers or starch and fat, primarily as medium chain triglycerides (MCT). **Polymeric** formulas contain intact proteins, complex carbohydrates and mainly LCTs. **Specialized** formulas contain biologically active substances or nutrients such as glutamine,
arginine, nucleotides or essential fatty acids (Table 1). Although elemental and semi-elemental formulas cost about 400% more than polymeric formulas they are still widely used because they are believed to be 1) better absorbed, 2) less allergenic, 3) better tolerated in patients with malabsorptive states and 4) cause less exocrine pancreatic stimulation in patients with pancreatitis.” ³ [emphasis mine]

In terms of taking this into the realm of practical application, I stand behind what I first discovered using elemental diets for myself and consequently wrote about in the first edition of The IBD Remission Diet, which is that whilst free-form amino acids are considered more ‘hypoallergenic’, they are not often useful for inducing disease remission – because the person cannot gain weight and address malnutrition using only free-form amino acids. This becomes especially important when dealing with children on an elemental diet, who need to also make up for lost growth and height.

I searched high and low to find the answer as to why people would not gain weight ingesting only free-form amino acids as the protein source and finally learned why from a PhD in nutrition, who specialized in treating athletes: He said that the body will use free-form amino acids more as a supplement (hormone pathways, mucosal lining healing, etc.), but it cannot use them to build muscle unless they piggy-back on a di-peptide (or higher) bond protein (like whey isolate). A really good paper that goes into this in detail is Protein digestion and amino acid and peptide absorption By D. B. A. SILK et al, Department of Gastroenterology and Nutrition, Central Middlesex Hospital, Proceedings of the Nutrition Society (1985), 44, 63-72

Yet more evidence that a semi-elemental diet is preferable to (what is now called) a strictly elemental diet is provided in numerous clinical trials, like this one with Crohn’s disease:

“A controlled trial was performed to compare enteral feeding with either an amino acid based feed or a whole protein feed as sole treatment for active Crohn’s disease.” In the group given the amino acid feed, 69% achieved remission within 3 weeks. In the whole protein feed, 72% achieved remission.”⁴
But the interesting thing was, when researchers then switched the groups over onto the other diet (i.e. the amino acid group were switched to whole protein and the whole protein group were switched to amino acids only) 43% in the group switched to amino acids relapsed, but NONE of the group switched to whole protein relapsed.

So, as to whether Absorb Plus is an elemental or semi-elemental product, the jury’s still out. However, I would say the literature is evolving to eventually classify it as “semi-elemental”. But that will not take into account that back when many of the clinical trials were conducted on elemental diets, Absorb Plus was at that time considered elemental and so can reference these results for expected outcomes. Although, not really.

Because keep in mind that the IBD Remission Diet is NOT just a straight elemental diet, like those used in the medical clinical trials – it is more of an intensive healing spa and overhaul of your foundational gut flora. Likewise, Absorb Plus contains significantly higher quality ingredients (and no artificial ingredients) from the pharmaceutical elemental products used in clinical trials – so in my opinion, the outcomes are likely not comparable; I would think using Absorb Plus and the IBD Remission Diet would result in much higher remission rates than current clinical trials indicate.

Then there is yet another ambiguous term in play in the world of elemental diets: hydrolyzed whey protein, or, hydrolysates. Again, it is difficult to pin down a consistent definition of this substance, that is used consistently throughout the literature. Here are two definitions that are pretty similar, but again, one includes peptide proteins and the other only free-form amino acids:

**“Protein Hydrolysate** – a sterile solution of amino acids and peptides prepared from a protein by acid or enzymatic hydrolysis and used intravenously for the maintenance of positive nitrogen balance in severe illness, after surgery of the alimentary tract, in the diets of infants allergic to milk, or as a high-protein dietary supplement.”

OR

**“Protein Hydrolysate** - a mixture of amino acids prepared by splitting a protein with acid, alkali or enzyme. Such preparations provide the
nutritive equivalent of the original material in the form of its constituent amino acids and are used in special diets or for patients unable to take the ordinary food proteins.”

Sounds like protein hydrolysates would be highly tolerated and nicely hypo-allergenic if used in an elemental diet shake, right? But again, we have the same problem with it being difficult to build muscle from these formulas. And the other huge problem is that hydrolysates are incredibly bitter in flavor, thus difficult to ingest and usually paired with lots of synthetic, artificial flavoring agents to make them palatable. Many however, are just pumped in via a stomach shunt, or intravenously. So again, using protein hydrolysate as the protein source for a self-administered elemental diet may not produce the best results.

If, for some reason, you cannot tolerate Absorb Plus and you must use a free-form amino acid elemental formula, then the best ones (natural, no nasties added) I’ve found are the Alpha formulas from Nutramed. Most of the mainstream pharmaceutical formulas contain a lot of sugar, really high oil content and artificial flavors, colors, etc. – so although they can be cheaper, they are not what I would call a ‘health product’.

Alternatively, if you can tolerate whole milk, then you may also be able to use raw (unpasteurized) milk, from pasture-fed cows, or goats, for the elemental shake component of the IBD Remission Diet. Although raw, whole milk is not technically elemental, since it also contains the live enzymes and bacteria needed to digest it properly, it does behave somewhat like an elemental shake product when ingested. The only way to know for sure is to test it and see.

If you are allergic to casein (the milk protein that many people are allergic to), then it will be unlikely you can tolerate raw cow’s milk, but raw goat’s milk may be fine for you. Absorb Plus does not contain any casein or lactose and so is often fine for people with a dairy allergy. But again, always start with a small amount and test first to establish tolerance.

I have written extensively about a Raw Milk Diet in my blog posts and in the subscription infoletter at JPT Wellness Circle (including teleseminars and podcasts with raw milk experts), so if this interests you, there is plenty of information available and many of my readers
(including myself) have experimented with it. Just be sure to use milk from pasture-fed animals only (no barn or oat/grain-fed animals) and ensure the farmer tests regularly for pathogens to ensure the milk is clean and healthy.

So, to clarify, the “elemental diet” referred to in this book, and the one I have utilized myself is one that uses Absorb Plus (the product I formulated, based on my own experiments and requirements) for the elemental shake component. But as you have seen above, you can use a variety of elemental, semi-elemental and sometimes even polymeric formulas, according to your body’s specific needs and preference.

A Half-Elemental Diet

There is one other treatment option in this grouping that I want to discuss, as it may be applicable to some readers. A half-elemental diet is a relatively new experiment in the gastroenterology community, where patients derive half their daily calories from an elemental shake, and the other half of their calories from regular food.

In a perfect world, everyone would be able to take the time off work, school, etc. to go on the IBD Remission Diet and really rejuvenate themselves – and would have enough money to be able to afford to do so. But, for various reasons, sometimes people just cannot commit to a full course of a completely elemental diet. With children in particular, sometimes they will refuse to drink an adequate number of shakes per day – so they don’t get the proper benefits of the Diet, because they are still malnourished and their bodies are not taking in enough protein and calories to heal, grow taller and put on weight.

In these cases, you may want to try a half-elemental diet instead. The remission rates are not as high as a full elemental diet, but they are certainly high enough to be considered a serious treatment option.

In a clinical trial, the doctors assessed 26 patients with Crohn’s Disease, who used a combination of an elemental diet for half of their food intake (900 – 1200 calories per day) and then whatever they wished for the other half (“free diet”). The control group consisted of 25 patients who also had Crohn’s Disease, who just consumed an unrestricted diet; whatever they wanted to eat (100% free diet).
Then, they measured the recurrence of relapse (symptom flare-up) over a two year period. The relapse rate in the half elemental diet group was significantly lower – only 34.6% – versus a relapse rate of 64% in the free diet group.  

Although this is a rather undefined study, with lots of unknown variables and many of the patients were also taking some kind of drug, it does still provide an interesting scenario to explore and test.

What I would suggest though, if you want to try a half-elemental diet, is that instead of eating ‘whatever you want’ for the free diet portion, you use the Food Reintroduction Chart given in Chapter Five and try to stick to the foods listed in Phases 1 and 2. These foods have a history of being well tolerated, yet nutritious. If that’s too difficult, then at the very least, stick to the Maintenance Diet guidelines given in Chapter Seven and also avoid these top allergen foods: dairy, wheat (gluten), corn, soy, sugar and refined carbs. I suspect this will further improve relapse rates from those listed in this clinical half-elemental trial.

What would be even better, is to just drink as many Absorb Plus shakes as you can, and then use the ‘free diet’ for whatever calories remain. Another option: many of my readers also use Absorb Plus intermittently - when they feel themselves getting run down, or in danger of a flare, they go on Absorb Plus shakes and bone broths exclusively for 3-7 days and then gradually go back to their well-tolerated foods.

The important thing to keep in mind, is to just do the best you can. If you have severe financial challenges, or a child who just won’t cooperate, then it may actually work better for you to reduce your stress levels, lower your expectations and just do the best you can. At the end of the day, you’ll still be further ahead then if you never made any positive changes at all.

**What Is The IBD Remission Diet?**

The IBD Remission Diet is a comprehensive healing program that utilizes an elemental diet for the backbone of the program, but there are also other components included that are absolutely vital for healing the gut and inducing disease remission. These include the elemental diet combined with targeted supplements, homemade broths and natural anti-pathogens:
1. **An Elemental Diet** – the elemental diet shakes provide the majority of the nutrients and calories. The shakes must be 100% natural and elemental, or semi-elemental in nature. A sufficient number of calories per day must be consumed, to address malnutrition, fuel wound healing and promote growth in children.

2. **Targeted Supplementation** – a number of specifically chosen supplements must be added to the shakes on a daily basis. These supplements help to heal the mucosal lining of the intestine, reduce inflammation, repair tissue damage, support enzyme production and hormonal pathways, facilitate optimal cellular function, and balance the immune system.

3. **Homemade Broths** – Bone broth (clear soup) made from the skin, bones and white connective tissue of animals, contains a wonderful healing substance called gelatin. French research until the 1950’s shows that gelatin was used in the treatment of diseases such as ulcers, jaundice, diabetes, infection and cancer. Bone broths contain minerals like calcium, phosphorous, sulphur, silicon, magnesium and trace minerals – all in forms the body can instantly absorb and utilize. As the cartilage and tendons are broken down, substances like chondroitin sulphate and glucosamine are also made available to the body in highly absorbable forms. Mushroom broths provide beta-glucans to heal and balance the immune system and vegetable broths provide alkalinity and detox – thus benefiting the liver, adrenals and thyroid.

4. **Anti-Pathogen Protocol** – a potent, full-spectrum, natural anti-pathogen is used to eliminate any gut infection from yeast, fungus, viruses and pathogenic bacteria. *Jini’s Wild Oregano Oil Protocol* is combined with high dose probiotics (both orally and rectally) to eliminate infection and establish a healthy bio-terrain in the gut.

When you combine all these powerful healing tools together, I believe remission rates to be much higher than the clinical trials utilizing only pharmaceutical elemental shakes, but of course, we have no proof of
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this. There is no financial reward for testing natural healing protocols. No matter, thousands of readers to date have experienced the following benefits from implementing the IBD Remission Diet:

- Provides natural, gradual, gentle detoxification
- Resolves malnutrition or delayed growth in children
- Reduces inflammation and heals the mucosal lining of the intestine
- Establishes a healthy gut flora
- Provides bowel rest and heals Leaky Gut Syndrome
- Supports enzyme production and hormonal pathways
- Balances the immune system
- Allows you to take a break from regular meal planning, shopping, cooking, and clean-up!

Interestingly, if medication is contributing to your constipation problem, you may find that fiber supplements actually worsen the problem rather than helping.

**Jini’s Own Experience With Elemental Diets**

I have gone on the IBD Remission Diet twice in my life. The first time was due to intestinal haemorrhaging that left me at 99 lbs (I’m 5’7”) and required a transfusion of four pints of blood. I had two objectives; stop the bleeding and gain weight. Continuing to eat regular food simply re-opened the wounds and started the bleeding again. Therefore, my nutrition needed to come from a completely pre-digested (elemental) liquid source, which my Gastroenterologist told me resulted in disease remission as often as Prednisone (steroids).

I sampled each of the elemental (pre-digested) products provided by the hospital, but found the taste and ingredient list unacceptable. All of the products contained artificial flavors and sweeteners, large amounts of sugar (in relation to maltodextrin) and high levels of oil - which resulted in painful intestinal spasmng. Rather than drinking these, or, undergoing a surgical procedure to have a tube inserted in my stomach and the commercial elemental products pumped in, I set out to find a natural, healthy alternative.
After an extensive search of health stores and the Internet, I devised my own elemental formula by mixing together six different products. I did this 8-9 times a day to give my body the nutrients it needed in elemental (pre-digested for maximum absorption) form. Because all the food I ate (or more accurately, drank) was pre-digested, the elemental diet also gave my bowel a complete rest, which allowed my wounds time and space to heal.

In addition, I added numerous supplements to each shake to further facilitate my healing and recovery. Using this formula, I gained 36 pounds of solid weight (not fat) in six weeks and my albumin (blood protein) levels were restored to normal. I went from being so weak I could barely move around my apartment, to cycling and lifting weights at the gym at a solid weight of 135 lbs. One month later I got pregnant, had an excellent pregnancy and gave birth to a healthy baby boy named Oscar.

As with most illness, it was a confluence of events and stressors that led to my second time on an elemental diet. Until I weaned him from night nursing at 18 months, Oscar did not sleep more than three hours in a row, so neither did I. We also went to Singapore when Oscar was eight weeks old, for six months. However, when we came back to Vancouver, the new condo we had bought was far behind its construction schedule. So we then spent the next five and a half months travelling around England, Hawaii and Arizona, living out of suitcases. In addition, Oscar has a voracious appetite (and high metabolism) so he breastfed full feeds about ten times a day. Combined together, the stress of transatlantic flights, no home, no routines for the baby, all the varied adjustments involved for new parents, and the severe extended sleep deprivation eventually became too much for me.

I gradually lost weight until I was 115 lbs and then I took a new calcium/magnesium supplement I’d bought that also contained something called Betaine HCL (Hydrochloride). About eight hours later, my colon started bleeding. After wracking my brain to try and figure out what could have triggered the bleeding, I finally remembered the mystery ingredient and looked it up in one of my encyclopaedias. There I discovered that Betaine is something that stimulates the production of stomach acid. It should never be used by someone with ulcers and even
people with normal digestive systems should start at a very low dose and stop if they experience any discomfort. Obviously, in a digestive system as sensitive as mine, that’s all it took to trigger the bleeding and as I was so run down I knew the situation could deteriorate quite quickly.

I’ve found that you can use all kinds of herbal supplements to prop yourself up and keep going, but when your body becomes too run down and malnourished, it loses the ability to heal itself. So even though you give it the tools, your body has no energy or resources left to utilize those tools. Although the bleeding wasn’t anywhere near the haemorrhaging I experienced prior to the first time I went on this IBD Remission Diet, I didn’t want to risk it escalating to that point, so I immediately went on an elemental diet after three days of passing blood, ranging from about 3 tbsp. - 1/4 cup per bowel movement, with small blood clots the second and third day.

The good news is that I was also nowhere near as ill and run down as I was the first time round, so although my bleeding had completely stopped by day four, I remained on the diet exclusively for two weeks. I then continued drinking a few shakes a day for an additional ten days as I gradually re-introduced normal food (known as a half-elemental diet). I also didn’t feel the need to gain weight as quickly as I did the first time, so I only consumed six shakes per day.

At the end of two weeks I’d gained seven pounds and by the time I was fully back on regular food, I’d gained a total of 14 pounds. When I feel I need it, I have a shake in the morning as it’s a great nutritional boost and an excellent way to take all my supplements in an easily digestible form. During my first pregnancy, I had a shake every morning with all the supplements and flax oil added as it’s a wonderful way to ensure excellent health for both yourself and the baby.

However, a word of caution to women: the IBD Remission Diet is such a great rejuvenator of health that your fertility will also become very healthy and robust, so be very careful if you don’t want to get pregnant! I got pregnant again, with my second child, two months after my second time on the IBD Remission Diet - in spite of using birth control!

I was looking at a popular fertility supplement for men the other day, one that boosts sperm count and motility. As I read through the ingredient list I was surprised to see that most of the ingredients in
this supplement were also present in the IBD Remission Diet – who knew? But on the other hand, it makes perfect sense, because although allopathic medicine has taught us to compartmentalize the body, really, health is a holistic condition. You cannot have one part of your body healthy and another part not. If you trace back any dis-ease (cancer, MS, colitis, etc.) you will see that although the whole body dis-ease may be evidenced in a particular organ or system, there is actually a domino effect of linked causality that extends throughout the body (hormonal pathways, nutrient deficiency, nervous system, imbalanced flora or bio-terrain, etc.)

So, if you want to have kids, whether you’re male or female, the IBD Remission Diet will likely take your body (and hence your genetic material) to a new level of health, giving you the best chance of producing a healthy fetus.

Studies have shown that the mother’s nutritional status while the baby is in utero determines the health of the child up to 17 years later. I drank a shake containing all the supplements and flax oil 2 - 3 times/week throughout my second pregnancy as well. I am sure (along with a healthy, mostly organic diet and regular exercise) it’s one of the principle reasons my children are so healthy. Oh yes, and I also don’t degrade their immune systems with vaccinations. For more information on vaccination, see my blog for my article on the short and long-term consequences of vaccination.

**Drug Usage On The Diet**

I haven’t included any specific instructions in this book regarding when to consult your doctor and/or how to integrate drug therapy with the IBD Remission Diet, as I leave each of you free to do what you feel is best for your body. I included an entire chapter on my personal opinion on medical/pharmaceutical drug protocols in my first book, *Listen To Your Gut*, so please read that if you want more information than I give you below.

If you wish, you can mix drugs (like Asacol, Prednisone, Salazopyrin, etc.) with the IBD Remission Diet; just give your doctor a full list of the supplements you’re adding to the shakes so he/she is informed. In my
opinion though, it’s much better to wean yourself off your drugs before starting the Diet and give your body the full chance to restore its natural balance. Drugs often deepen the very conditions the Diet is devised to heal. So if you mix the two, you may find yourself moving two steps forward, one step back.

You can also use the IBD Remission Diet as a tool to support your body whilst you wean off your medications, and many have used it this way. But in that case, keep in mind that you will then likely need to stay on the Diet for a lot longer to see the same healing results. For example, it may take you four weeks on the Diet to wean off your medication, then another six weeks on the Diet to actually heal the symptoms the drugs were suppressing.

You must do what you feel is safe and comfortable for yourself. But note that I say, WEAN off your meds. You need to check with your doctor as to which drugs you need to wean off (and which rate of weaning is commonly used) because there are many drugs that will actually cause a full-blown flare if you stop them suddenly. And there are other drugs that you can simply stop taking immediately, with no ill effects. So you need to check with your doctor, or research it yourself on the Internet, according to the particular drugs you are on. And don’t forget to take into account all your meds. I had one reader stop her anti-anxiety, anti-depressant medication cold turkey and she nearly went into cardiac arrest. She thought it was merely a sleeping pill and so she didn’t check the drug information before stopping usage.

Both times I went on an elemental diet I did not use any drugs, I consumed a variety of specifically chosen supplements and Jini’s *Healing Implant Enema*, as well as the elemental shakes and homemade broths, along with full-spectrum probiotics (good bacteria for both the small and large intestine) - we’ll get into each of these components in detail in the coming chapters. Therefore, I didn’t just restore my weight but restored myself to great health as well.

For me, health equals freedom. The freedom to eat what I want, to earn good money, to travel and have adventures, and to have enough energy to share joy and good times with my family and friends - the freedom to enjoy all the wonderful things that life and relationships have to offer. From the bottom of my heart, I wish for you this same joy and freedom.
Chapter 1

TAKE ACTION

List contributing factors (or a spiral of events) that led up to your last flare:

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What are some things you could have done to halt or lessen the impact of these events? Use this knowledge to prevent a similar pattern/progression from occurring next time:

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26
If you were healthy, what are some of the things you’d like to do/accomplish with your newfound state of health:
Life affords no higher pleasure than that of surmounting difficulties, passing from one step of success to another, forming new wishes and seeing them gratified.
Samuel Johnson
A n elemental diet is one in which everything you consume - protein, carbohydrate, fat, vitamins, minerals, etc. - is in completely pre-digested, liquid form. As a result, your body receives all the nutrients it needs with very minimal digestion required. Because everything is pre-digested, the nutrients are absorbed very quickly and your digestive system is given a chance to rest and heal. Also, because everything is pre-digested and completely absorbed, there is very little undigested matter passing into the colon. This provides the colon with something doctors call ‘bowel rest’.

Elemental diet products were actually first developed by NASA (National Aeronautics & Space Administration) for astronauts to use as their food source during space missions when they were confined to the rocket. Obviously, a food source that provided good nutrition (primarily absorbed in the upper small intestine), yet less fecal matter was thought to be ideal for these conditions. Then the medical community began experimenting with elemental diets in the 1970’s for conditions where bowel rest (minimal, liquid fecal matter) was desirable.

Benefits Of The IBD Remission Diet

My Gastroenterologist, who has a practice of about 600 patients with IBD, informed me that using an elemental diet to provide complete bowel rest results in disease remission as often as Prednisone (steroids). If you have ulceration, bleeding, fistulas, or fissures in your colon, every time you eat and have a bowel movement, the wounds are irritated and if they’ve started to clot or heal, the wounds will often be re-opened. An elemental diet provides the colon with the rest necessary to heal its wounds unhindered and the only fecal matter you pass is liquid, so anal and rectal fissures and fistulas also get the opportunity to heal.

Another key result of having very little undigested matter in the colon (and some parts of the small intestine) is that the resident bacterial (and yeast) population then has less to eat. This makes it easier to eliminate undesirable micro-organisms from your gut and replace them with good bacteria – using Jini’s Wild Oregano Oil Protocol and high dose probiotic supplementation. Improving the bacterial flora in the colon (and throughout the gastrointestinal tract) is a significant benefit of following
THE ELEMENTAL DIET

While the exact cause of Inflammatory Bowel Disease is not known, many theorise that a key causative factor is the overgrowth of bad bacteria in the intestine. This leads to ‘Leaky Gut Syndrome’, where undigested particles of food pass through the damaged intestinal lining directly into the bloodstream, where they trigger allergic reactions and immune system response.

Whether you subscribe to this theory or not, by the time you’ve been through the round of hospital exploratory and diagnostic tests, and taken the drugs commonly used for IBD, you likely do have an infectious component to your illness – whether it was primary, or due to secondary or opportunistic infection, doesn’t really matter.

An elemental diet, combined with natural anti-pathogens and high dose probiotics, will eliminate a lot of the bad bacteria in your gut and the supplementation program will help your body heal the damaged intestinal wall and mucosal lining. Then, when you start eating regular food again, you continue to supplement with high dose probiotics (good bacteria) and re-populate your intestine with good bacteria that will help maintain intestinal health and control any bad bacteria that are later ingested or introduced (via medical procedures, like colonoscopy).

Another key benefit of following the IBD Remission Diet is that it provides an ideal vehicle with which to consume large amounts of healing supplements in easily absorbable, liquid form. Swallowing 15 gelcaps, tablets, and capsules (for example) throughout the day for an extended period can be quite difficult and the absorption of these shellacked and encapsulated products is not ideal. Emptying all those supplements into several good-tasting shakes and drinking them down is much easier, absorption is improved, and you’re more likely to stick with it for the duration.

As you’ll see in Chapter Three, the recommended supplements have been chosen specifically to heal the mucosal lining of the intestine, reduce inflammation, repair tissue damage, support enzyme production and hormonal pathways, facilitate optimal cellular function, repopulate the gut flora with good bacteria and balance the immune system. This provides your body with an extended healing spa where all aspects of digestive healing are supported simultaneously; and as the whole body
is inter-linked, you may find that other health issues are also resolved during this time.

Many people with IBD (Inflammatory Bowel Disease) also suffer from malnutrition due to inadequate digestion, low absorption of nutrients, and lack of appetite - when everything you eat makes you feel sick, or results in pain, you quickly lose your appetite! The IBD Remission Diet is a fantastic way to resolve malnutrition and gain some solid weight (muscle, not fat) quickly. Since everything you consume is pre-digested, there is very little digestion required and the nutrients are absorbed rapidly into your bloodstream. Because everything is in liquid form, it’s easy to consume a large number of calories per day, so you can gain weight more quickly than if you were eating normal food.

Also, even though your food is all in liquid form, you will likely not feel hungry on the elemental diet (as long as you’re consuming an adequate number of calories for your body). In fact, some people who’ve followed the IBD Remission Diet have even been reluctant to go back to eating regular food - they loved the taste of the shakes, experienced good energy (not hungry at all) and very much enjoyed the break from shopping, meal planning, cooking and cleaning the kitchen! I also strongly advise that you start an exercise program - ideally weight training/body building - at the appropriate time to further encourage muscle growth and development. I’ll go more into detail on this in Chapter Seven.

Other people (like me) with a high metabolism do not experience good energy levels on an elemental diet. Because the nutrients are in elemental form, they are absorbed into your bloodstream very quickly (in about 20 minutes) – there is no sustained release of nutrients, like there is with regular food. This is yet another reason to make sure you rest adequately on the Diet and don’t try to just carry on as normal. Due to the rapid uptake of nutrients, an elemental diet is often not suitable for diabetics.

If you stay on the IBD Remission Diet for two weeks or longer, you’ll also experience the benefits of a natural, gradual and gentle detoxification. Your cells, organs and digestive system will release and flush toxins, old waste and any impacted fecal matter. Again, if you get pregnant following the IBD Remission Diet, you’re more likely to have a
nausea-free pregnancy due to the detoxification of your liver and cells. This detoxification is facilitated not only by the liquid, pre-digested diet, but also by the specific supplements that support liver, digestive, and cellular health.

The main difficulty in following a liquid, elemental diet is simply one of food/taste deprivation. It is very hard to go for days and weeks without being able to eat normally and having to say ‘no’ to nearly every yummy thing around you. Of course, the sicker you are, the easier it is to maintain this kind of discipline, as your motivation is really high! Therefore, I have included recipes and suggestions for as much variety as is allowed on this type of diet.

If you just drink sweet shakes all the time, your appetite will not be very stimulated and you’ll hit ‘taste fatigue’ pretty quickly. This makes it hard to consume the number of calories required for weight gain, or even weight maintenance. Therefore, I’ve included recipes for numerous tasty meat, vegetable and mushroom broths that provide a ‘salty’ alternative to the sweet taste of the shakes (in addition to their powerful healing actions). Alternating sweet and salty tastes keeps your palate interested and your appetite stimulated.

I’ve also included recipes for homemade jello, and there are certain types of gummy bears and chewing gum that fit the elemental parameters and these are included also. It’s good to have something to chew on occasionally, as your teeth and gums need some stimulation and exercise as well during this period.

How Long Should I Stay On The Elemental Diet?

The first time I went on an elemental diet, I followed it for seven weeks. The second time, I only needed to stay on it for two weeks. The length of time you choose to remain on an elemental diet should be guided by three factors: The severity of your illness when you first begin (and how long you’ve been ill for), the status of your ongoing symptoms as the diet progresses, and most importantly, your intuition.

Your body knows exactly what it needs and when it needs it. All you have to do is ask, and then honor the wisdom received by acting on it. Accessing your body’s wisdom is very simple. Lie or sit somewhere
quietly, wherever you feel most relaxed - it may be in your bed, your living room, at the beach, or in the forest, or in the bathtub with some candles lit. Do some deep breathing for a while to relax your body and your mind. When your limbs feel heavy and you maybe feel a little sleepy, place your hand on your belly and ask your colon/digestive system how long it needs you to stay on the elemental diet.

If you’re not used to using your intuition, or asking your body for guidance, the feeling you get may be quite vague or faint. Don’t worry about that, no matter how ‘iffy’ the first answer or impression feels, act on it and stick to it. If you’re not used to using your intuition, you may get several answers/feelings/impressions as your conscious, doubting and nervous mind interferes. Stick with the first answer or feeling and ignore the rest. The more often you use your intuition - and using it involves acting on the answers, not just asking the questions - the stronger it will become.

Now let’s say your intuition tells you, ‘four weeks’, so you begin the elemental diet with the intention of sticking to it for four weeks. But, at week number two you’re feeling really good and you start to think, “Hey, maybe I don’t need to stay on it the full four weeks…” - don’t give in to these feelings! You asked your body and your body told you what it needed and it’s best that you honor your body by following through. Of course, if your feelings are very strong, then relax yourself again (as described above) and ask your body for further instructions.

If you feel uncomfortable using your intuition, then another guideline to help you determine the duration of your elemental diet is your state of illness at the outset and how long you’ve had IBD for. In my opinion, if you’re experiencing any of the following, then you should go on the diet for at least six weeks:

- Frequent intestinal bleeding or haemorrhaging.
- Moderate to severe malnutrition, as determined by your albumin levels (your doctor can order a blood test to check this), or a skeletal appearance.
- The presence of fistulas.
- Your doctor is strongly suggesting you undergo surgery.
- You’ve had IBD for longer than 18 months and/or you’ve been on immune-suppressant drugs (Prednisone, Imuran, Remicade, etc.)
If you’ve been haemorrhaging, you may experience minimal bleeding - a few small traces or streaks of blood in the stool or on the toilet paper - throughout the diet. Don’t worry about this, it can be healed later using the herbal remedies described in my first book, Listen To Your Gut. Although, if you prefer, you can certainly remain on the elemental diet until all the bleeding is completely eradicated. Complete healing of severe conditions like fistulas, may require you to stay on the elemental diet for up to three months, but for most serious conditions six weeks should be sufficient. If you’re experiencing only sporadic intestinal bleeding, then four to six weeks on the elemental diet should be sufficient to heal and stop the bleeding - however, you may wish to err on the side of caution here and do the full six weeks.

If you suspect the bleeding is from your rectum only, then you may want to try my FissureHeal suppositories to heal any tears or fissures that may be bleeding – you can use these throughout the Diet, if needed. If you suspect a fissure close to your anus, then a good quality comfrey salve applied around and just inside the anus will likely be sufficient.

If you’re not experiencing any bleeding or other serious symptoms, but you’d just like to revamp and clear up an assortment of minor symptoms like bloating, gas, pain upon eating, diarrhea, spastic bowel, severe heartburn, etc, then three to four weeks should be sufficient.

If you want to use the IBD Remission Diet primarily to test for food allergies, you’ll need to go on the elemental diet for approximately 10 - 14 days, or however long it takes to clear up most of your symptoms. Make sure you add all the recommended supplements to the shakes as well. Two weeks is also a sufficient length of time if you’re already doing quite well but just want to purify/detoxify your body and balance your immune system.

Monitoring your symptoms whilst on the elemental diet can provide you with another guideline of how long to remain on the diet. Make a list of the symptoms you wish to heal whilst on the diet and then stay on it for at least one to two more weeks after all of your symptoms have cleared. This is a good way of really establishing, or locking-in, the healing that has taken place. The last thing you want is to have your symptoms return as soon as you start eating food and then have to go back on the diet again for another three to six weeks.
I really encourage you to err on the side of caution here, as it’s much easier to just stay on the diet a bit longer than to stop, eat normal food for a while, and then have to start all over back on the elemental diet again. My second time on an elemental diet (duration two weeks) happened to occur over the Christmas season - talk about torture! I had to sit there with all this incredible food and endless snacks and chocolate around everywhere and not have a single bite! Even though I had stopped bleeding before Christmas day, it just wasn’t worth the risk for a day or two of delicious food. At times like these, you’ve got to put things in perspective. Count up the number of Christmases (or birthdays, etc.) you have left in your life, then you’ll realise that giving up one for your body and long-term health is not asking too much.

When I initially discussed elemental diet durations with my Gastroenterologist, he gave me the standard that they use: They advise patients to go on the elemental diet for either three or six weeks. However, he cautioned, if you only go on it for three weeks and then your symptoms return, you’ll need to go back on it for the full six weeks (nine weeks total). Simply going back on the elemental diet for an additional three weeks is not good enough as the body needs to heal in an uninterrupted manner. Therefore, my first time on the elemental diet I decided to stay on it for seven weeks just to be sure!

In many cases, regardless of length of time on the elemental diet, when you begin the transition to normal food you may see traces of blood in your stool or on the toilet paper. This can occur as your rectum and anus adjust to the larger, firmer stool, which sometimes causes minor rectal/anal fissures. These fissures will usually just heal themselves within a month or two, or you can order effective herbal suppositories called FissureHeal to speed the healing considerably.

I’ve used FissureHeal suppositories myself to heal both a minor and severe anal fissure and they work really well. They contain comfrey, slippery elm, marshmallow root and cocoa butter, and they’re also ultra-thin (only .5 cm or 1/6” in diameter) so can be easily inserted into even the most sore and traumatized rectum. See Appendix A for further order details. Of course, if you already have anal/rectal fissures that need healing, you can use the FissureHeal suppositories whilst on the elemental diet, or at any other time. Insert them at night - or whenever
you’re likely to have your longest stretch without a bowel movement - so your rectum has the maximum amount of time to heal undisturbed.

If you just have a minor tear and it’s close to your anus, often just comfrey salve (applied with your finger several times a day) is enough to heal it and prevent further irritation. You may also find it useful to apply the comfrey salve, or use a plain cocoa butter suppository, just before defecating to lubricate and prevent abrasions. If your bleeding is from internal or external haemorrhoids, then you need an entirely different product, called HemorrHeal. If your bleeding is from a fistula, then see Chapter Six for fistula healing instructions.

The Importance Of Resting

Don’t be surprised if your symptoms actually worsen during the first 3 - 7 days on the diet. As the body cleanses and releases toxins, and pathogens die off, symptoms can temporarily worsen - or they may also be a result of you withdrawing from addictive substances like caffeine. You really need to take time off work/school during this period and treat the process like a healing vacation, getting plenty of rest, massage, meditating, etc.

The IBD Remission Diet is an intensive healing program and it takes a lot of energy for your body to heal itself. If you are using up all your energy on going to work, school, taking care of children, etc. how is your body going to be able to heal itself? Make no mistake, this program gives your body the tools it needs, but the actual healing work is done by your body itself and so you have to rest and conserve your energy for healing work – not other work.

If you have moderate to severe bleeding, then not only do you need to put your normal life on hold, you have to spend most of your day horizontal until the blood clots. That’s right, lying down in bed or on the couch – you cannot be bent at your waist, your waist/torso needs to be horizontally in line with your hips. Because you need to take all downward pressure off your abdomen and rectum; you need to remove the forces of gravity and allow the blood to clot in your colonic wounds.

I once had a reader who was following the IBD Remission Diet to the letter and I could not figure out why he was seeing so little
improvement, until one day he casually said, “Well, when I was at work today—“ What?? It turned out he was working full-time whilst on the IBD Remission Diet and then wondering why his body wasn’t healing. Oy vey. So please, please, take at least three weeks off work/school/ childcare and then work only part-time (if you must, but no work is better) for the remaining three weeks. Spend your time doing things that nurture and heal your body and spirit. Long walks, restorative yoga, tai chi, creative arts (painting, knitting, quilting, etc.), reading books are all healing activities, intersperse these with naps and plenty of rest.

Try to keep computer, TV, electronic games – and anything else with a screen that emits radiation – to a minimum during your healing Diet. I have blogged extensively about the deleterious health effects of electromagnetic microwave radiation from cell phones, cordless phones, wireless computers, iPads, Wii, Playstation, etc. But if you’re not ready to give these things up, then at least avoid them during your time on the Diet and completely unplug them from the wall at night when you go to bed. Just turning these devices off is usually not sufficient – they actually have to be unplugged, or batteries removed. Try it for seven nights and see if you and family members experience a difference – especially in your sleep quality.

It also helps to be off work as, dependent upon your required daily caloric intake, you may have to mix up an elemental shake every 2 hours. If you want to use this as a time to simultaneously put on some weight, then you’ll likely need to consume between 3000-4000 calories per day; depending on how much weight you want to gain and how quickly you want to do it. I used the IBD Remission Diet to go from 99 pounds to 135 pounds in only six weeks. I consumed 3800-4400 calories per day, which meant I had to have a shake every one and a half to two hours, from morning until bedtime. This may be too fast and too intense for many people, so again, only do what feels right for your body.

How Much Does It Cost?

You may also have a concern about the cost involved in following the IBD Remission Diet. This can indeed be an expensive endeavour.
The first time I went on an elemental diet - for seven weeks - the total cost, including supplements was about $2900.00. Fortunately for you, buying Absorb Plus (the elemental shake product I formulated and that I recommend) is much cheaper than buying all the ingredients separately and mixing them together the way I had to at that time. But it will still probably cost you about $1200.00 – $1900.00 for a six-week stint on the IBD Remission Diet. Although that may seem expensive, it helps to put it in perspective.

The cost is still less than you’d spend on a two-week vacation and look at what you get in return. In return for my seven weeks on the elemental diet (I stayed on it an extra week, just to be sure) I completely healed a severely haemorrhaging colon, restored myself from severe malnutrition and anemia to perfect health, avoided surgery, drugs and hospital visits, got pregnant, had a wonderful pregnancy and a very healthy child, and had the level of health and strength needed to get me through two very stressful years following of severe sleep deprivation, constant breastfeeding and moving halfway round the world and back again!

My second, two week stint on the elemental diet, cost me a total of $600 and in return I got another healthy pregnancy, healthy baby, and years following of strength, health and vitality. When you look at it in those terms, it’s actually very cheap and the sacrifice small compared to the returns!

Also, make sure you check with your health insurance company about getting partial or total coverage for the cost of Absorb Plus. This may be possible if you get a letter from your doctor stating that an elemental diet is his/her recommended course of treatment. Likewise, in some countries, depending on the laws, you may be able to deduct the partial or full cost of Absorb Plus (or whatever elemental products you use) from your income tax return. Tax regulations and insurance plans vary widely from country to country, so if you want to go this route, you will have to research and advocate for yourself.

ALLOWABLE ELEMENTAL FOODS

It’s necessary to consume a balanced diet of protein, fat, and
carbohydrates whilst on the IBD Remission Diet. Following are the allowable forms of each nutrient in elemental form and my recommendations for each:

**Allowable Protein Options**

- Whey protein isolate (not concentrate)
- Rice protein
- Hemp protein
- Pea protein

I strongly recommend you use whey protein if at all possible as it has the highest bioavailability of all the forms of isolated protein. This means your body can absorb and utilise more of it, resulting in more muscle, much faster than with any of the other forms of protein. Make sure the whey protein has been extracted from the milk using a cold, cross-flow membrane extraction method: as heat or chemical extraction methods denature the protein.

Most people who have an allergy or intolerance to cow’s milk are allergic to either the lactose (a milk sugar), or a dominant milk protein called casein. If you’re lactose intolerant, whey protein isolate is most likely safe for you, as usually 99.8% of the lactose has been removed. If you’re allergic to milk protein, then you will probably still be able to use whey protein isolate, because in certain brands of whey protein isolate (check the label), all of the casein has been removed too. Do not purchase whey protein concentrate as this is not the same as whey protein isolate.

Aside from the strong taste, I don’t like using soy protein because it depresses thyroid function, blocks mineral absorption, contains a lot of estrogen, and the manufacturing process for soy protein (and soy milk) renders it somewhat toxic. In addition, it’s less bio-available to the body than whey protein, so you have to consume more of it to get the same results.

Rice protein has none of the damaging effects of soy protein, but it’s even less bio-available than soy. Hemp protein is probably the most bio-available of the veggie proteins, but it also has the strongest taste. For that small percentage of you who are allergic to whey protein,
you’ll have to go with rice, hemp, or pea protein – and sometimes you can find a product that’s a blend of these proteins. Consult with your naturopathic physician for further guidance. Keep in mind that most stores will let you return a product if you don’t like the taste, so if you need to experiment, keep your receipt!

Absorb Plus is the elemental shake product that I formulated and recommend. It contains whey protein isolate (although we are also working on a veggie version) – which is lactose-free and does not contain any casein. It also contains my custom blend of 10 more free-form amino acids (including over 1,000 mg of L-Glutamine per serving) specifically chosen for people with IBD. The carbohydrate component of Absorb Plus is comprised of mostly maltodextrin, with fructose and stevia as sweeteners (see allowable carbohydrates below). However, the Unsweetened version does not contain any fructose or stevia.

**Allowable Carbohydrates**

- Maltodextrin
- Fructose
- Glucose
- Dextrose
- White stevia extract powder (not the whole green leaf)
- Luo han extract

Maltodextrin is a glucose polymer. Fructose, glucose and dextrose are all monosaccharide sugars. Again, all your carbohydrates must be pre-digested so even regular sugar, maple syrup, or honey are not allowed. It’s best if you can find a product that has the majority of carbs coming from maltodextrin – which has a slower uptake to the bloodstream and will help you avoid a “sugar high” and resultant crash. Keep in mind that natural fructose is not the same thing as high-fructose corn syrup and does not have the same deleterious effects on the body.

Because fructose must be changed to glucose in the liver in order to be utilized by the body, blood glucose levels do not rise as rapidly after fructose consumption compared to other simple sugars or even complex carbohydrates. For example, the glycemic load calculation for 10 grams
of fructose (the amount contained in a serving of Absorb Plus French Vanilla) is only 2. In comparison, the glycemic load for a slice of bread is 10, an apple is 7, and a cup of white rice is 26.

Fructose is not transported directly into the bloodstream after digestion and absorption, but is converted into glycogen in the liver where it is stored and used for energy at a later time. A recent trial demonstrated that no increase is seen in blood glucose after ingestion of fructose at 15 grams or less. This lowered glycemic response with fructose ingestion appeared to be most effective in those individuals who had the poorest glucose tolerance profiles. In non-diabetic individuals, fructose consumption results in little to no discernable rise in blood insulin levels (references for these studies provided in Appendix B). Remember that ALL carbohydrates are sugars. Even the most complex carbohydrate, vegetable matter, plant matter, etc. when broken down (during the digestive process) is turned into a sugar. Therefore, it is not possible to remove the sugars from a nutrient shake, unless you remove the carbohydrate component entirely - and then you might as well save yourself some money and just consume straight whey protein.

But the reason elemental diets require a carbohydrate component is to provide balanced nutrition for people who are often malnourished and underweight. You need the carbohydrate component to be able to regain your normal weight - this is very difficult to do with whey protein alone.

**Allowable Fats**

- Cold-pressed Flax oil
- Udo’s Choice Perfected Oil Blend
- Cold-pressed Hemp seed oil
- Unrefined Coconut oil
- Cold-pressed Safflower oil
- Cold-pressed Extra-Virgin Olive oil
- Certified Organic Butter

I recommend you use either flax oil or Udo’s Choice Perfected Oil Blend in the shakes as their taste is quite mild and unobtrusive. Both flax oil and Udo’s oil contain beneficial, anti-inflammatory Omega-3 essential
fatty acids:

“Omega-3’s are necessary for cell oxidation, for metabolizing important sulphur-containing amino acids and for maintaining proper balance in prostaglandin production. Deficiencies have been associated with asthma, heart disease and learning deficiencies.”

Flax oil is a very delicate, unstable oil, so make sure you only buy an organic, cold-pressed brand that’s been kept in the refrigerator. Be sure to buy a smaller bottle; one that you can use up within 4-6 weeks of opening so it doesn’t start to oxidize (become rancid) and irritate your gut, and keep it refrigerated. If you’ve been haemorrhaging or are very sensitive to oil, then keep your bottle of flax oil in the freezer (it doesn’t solidify completely) and squeeze it out as needed - this reduces the oxidation by 95%. If you find you’re still sensitive to flax oil, then try the Udo’s Oil - you may find it better tolerated.

Depending on your level of health (liver function, antioxidant capability, etc.) you’ll be able to consume more or less oil. So let your body and your symptoms be your guide to find the level of supplementation that’s right for your body. You can also use hemp oil, but the taste is quite strong so you may not like it.

Unrefined coconut oil is another excellent choice, but you will have to warm it gently to get it runny enough to mix into your shake. Coconut oil is over 50% lauric acid, which can convert in the body to monolaurin with anti-viral, anti-bacterial and anti-protozoa properties. Monolaurin can destroy lipid-coated viruses such as HIV, herpes, measles, influenza virus, pathogenic bacteria, and protozoa such as giardia lamblia.

Raymond Peat PhD, physiologist, biochemist, and nutrition counsellor, writes in his Newsletter:

“The medium-chain fats in coconut oil are considered so nutritious that they are used in baby formulas, in hospitals to feed the critically ill, those on tube feeding, and those with digestive problems. Coconut oil is used as the basis for intravenous fat feeding, except in organ-transplant patients. For those patients, emulsions of unsaturated oils are used specifically for their immunosuppressive effects.”
For me however, it was too much hassle to keep melting the coconut oil when blending eight shakes per day, so I used Udo’s or flax in my shakes and added a tablespoonful of unrefined coconut oil to my bowl of soup broth.

You may want to use flax oil in one shake, then Udo’s in the next, and so on throughout the day. The Udo’s is more expensive though, so if cost is an issue, then just use the flax oil. If you’re completely intolerant of any liquid oils, then take enteric-coated capsules of either flax oil, or fish oil (make sure the company tests for fish oil toxicity though). The coconut oil and butter can be used for frying the meats and mushrooms in when you make your broths (recipes to follow).

Most of the fat we consume is in unusable forms (commercial, hydrogenated oils), which irritate our digestive system. However, these cold-pressed oils are absorbed very quickly and even people with a marked ‘fat-intolerance’ have no problem with them. Since the 1950’s, most westerners have been severely deficient in essential fatty acids (EFA’s), which leads to a wide variety of problems in the body. You can safely supplement up to 8-10 tablespoons per day of flax or Udo’s oil and a good maintenance dose – when you’re back to eating regular food – is 1-2 tablespoons per day.

You are not advised to add organic butter to the shakes (again, because you have to melt it first) but you should definitely use lots of it when preparing your broths. As with the coconut oil, it is also a very good idea to stir a tablespoonful of organic (ideally raw/unpasteurized) butter into your bowl of hot broth before you drink it. Aside from being delicious, organic butter has the following health benefits:

“Many trace minerals are incorporated into the fat globule membrane of butterfat, including manganese, zinc, chromium and iodine. In mountainous areas far from the sea, iodine in butter protects against goiter. Butter is extremely rich in selenium, a trace mineral with antioxidant properties, containing more per gram than herring or wheat germ.”

Lauric acid from butter and coconut oil are also used in cancer treatment and lauric acid is used in the treatment of viral infections,
so these are very beneficial fats for people with chronic illness to ingest (see Appendix B for study references).

**Other Allowables**

- Clear fruit juices
- Popsicles made from clear fruit juices
- Jello made from clear fruit juice and gelatin
- Clear soup broths
- Clear, organic herbal teas (caffeine-free only, can be sweetened with Stevia, luo han, or fructose if you wish)
- Certain brands of gummy bears (no more than 10 per day)
- Certain brands of natural chewing gum (check ingredient list for allowable sugars, maximum 5 sticks per day)

Make sure all fruit juices are fresh (not from concentrate) with no additives like sugar, color, or preservatives. Obviously, certified organic fruit juice is preferable - make sure it’s see-through clear with no clouding. You can also purchase juice that’s a bit cloudy and then strain it through a cheesecloth or tea towel to filter out the remaining pulp. Juice from a home or commercial juicer is difficult to use as there’s a lot of pulp residue in the juice – so strain it well (maybe several times) to remove the pulp. These strained juices will never look as crystal-clear as juice from concentrate, but they will be healthier! If you leave freshly-pressed juice to hang in a very fine weave tea towel (don’t press on the juice), it will filter out just fine – it won’t be crystal clear, but the pulp will have been removed.

To make fruit juice popsicles, just buy a popsicle mold from a housewares store, pour in the clear juice of your choice (dilute juice with 1/3 water to lower the sugar content) add the popsicle sticks/tops and then freeze. Remember though, that all fruit juices are primarily sugar, so consume in moderation.

See the recipe section for instructions on making the jello and soup broths. If you don’t want to make your own broths, you can use canned or packaged (you won’t get the same benefits, but it’s better than nothing), but make sure they’re see-through clear and certified organic, with no added thickeners, pureed vegetables, etc.
Look for gummy bears made primarily from fruit juice, with no artificial flavors, sweeteners, colors or preservatives and using only the allowable sugars and gelatin listed above - again, don’t consume more than ten per day.

If a soup or juice looks cloudy-opaque and you’re not sure whether it’s safe or not, either phone the manufacturer directly to find out what’s in it or how they make it, or just avoid it. With juice, you can strain it through a fine kitchen towel to remove pulp residue. But with store-bought broth, if there are thickeners in it you will not be able to remove them. If you’re unsure, it’s best to err on the side of caution and don’t consume it.

I don’t provide any brand recommendations for juice, broth, or gum since companies change their formulations/ingredients all the time – you’ll just have to check each label individually. We do carry gummy bear vitamins that are compatible with an elemental diet in my LTYG Holistic Health Shoppe.

If you’re desperate to have something to chew on, you can chew meat as long as you don’t swallow anything and then spit the pieces out once the flavor’s gone. For myself, I find there’s nothing like the flavor of a good piece of steak fat! I buy a piece of organic sirloin steak with a good strip of the fat intact. I pan fry it in butter, a little garlic and salt and then cut off the strip of fat leaving a half inch of meat intact along the side. I brown the fat until it’s crispy on the outside and then I savour each bite – until it’s time to spit it out.

If you do this, as you chew, some of the fat will turn liquid and it’s okay to swallow that (and even beneficial), but be sure and spit the rest out. I give the remaining sirloin steak to someone else to eat, or use it to make steak broth (see recipe section). You can also get your butcher to save you the organic strips of fat when he trims the meat for packaging and just buy that. But make sure it’s organic meat (or entirely grass-fed), as an animal’s toxins and hormones are stored in its fat and it would be very unhealthy to eat regular (non-organic) steak fat. Of course, for some people, chewing something tasty and not being able to swallow it would feel more like torture and make it more difficult to stick with the diet. Do what works for you.
These elemental shakes will provide all your nutrition and required calories on the IBD Remission Diet. The other items like broths, jello and gummy bears are great for variety but provide only minimal calories. Although the home-made soup broths do provide fantastic nutrition (see recipe section) their caloric content is still very low. You can mix up your own shakes as I had to, if you prefer, and I will provide instructions for that. However, there is also now a product available (Absorb Plus) that contains all the elemental nutrients you need together in one formula - all you have to add is water and flax oil. And I should know, because I created it!

Absorb Plus contains whey protein isolate, maltodextrin, a complete vitamin/mineral profile and 10 highly beneficial amino acids, including one gram of L-Glutamine per serving. You’ll see the importance of L-Glutamine in Chapter Three. It’s all natural - no artificial flavors, sweeteners, or preservatives - and comes in a variety of flavors (including unsweetened).

I took a long time to get the flavoring right and, in my opinion, Absorb Plus tastes much better than anything else out there. Well, I leave it up to you, do your own research and taste-testing and you be the judge. Sometimes the company will provide free samples, so check if that’s available. Order details for Absorb Plus and every other product mentioned in this book are in Appendix A.

Although Absorb Plus (and other whey protein products) is available in different flavors, if you have a sensitivity to chocolate it’s best to still avoid it, or keep it to a minimum whilst on the elemental diet. See the Shake Recipes section in Chapter Four for ways you may be able to incorporate chocolate even though you’re sensitive to it - if you really love the taste. However, if your sensitivity is to caffeine, keep in mind that each serving of Absorb Plus Chocolate Royale (Milk Chocolate) contains about 7 mg of caffeine per serving. By comparison, a cup of coffee contains 125-185 mg, a cup of tea 45-60 mg and a cup of green tea 15-20 mg of caffeine.

If you prefer to mix up your own shakes (but research it first as it will probably be more expensive than just buying Absorb Plus and the taste
won’t be very good), here’s what you need to get:

- Cold, cross-flow membrane extracted whey protein with no artificial sweeteners, colors or flavors (splenda/sucralose, acesulfame-K, and aspartame are all artificial sweeteners and not allowed). Or, if you’re allergic to whey, a protein isolate substitute like brown rice, pea, hemp, or goat whey protein.
- A pre-digested carbohydrate product containing only maltodextrin, fructose, glucose or dextrose. Make sure the maltodextrin is the major component in the mix (ideally 75% or higher).
- A full-spectrum complete multi-vitamin and multi-mineral. You may need to purchase several different products to get a full spectrum of both major and trace minerals and vitamins.
- It would be nice to include an array of amino acids. Some companies sell high quality amino acid blends, at the very least, be sure to get some L-Glutamine, which is the primary nutrient for the intestinal wall and mucosal lining. You also need to be careful which aminos you add to the shake as some are very bitter.
- If you need additional sweetness, you can use either fructose, dextrose, glucose, or white stevia powder or liquid extract (an herb 200-300 times sweeter than table sugar).

### Basic Shake Mixture if not using Absorb Plus

- 25 grams of whey protein (or protein alternate)
- 50 grams of carbohydrate mix
- Daily multi-vitamin/mineral – including trace minerals
- 1 gram of L-Glutamine
- 3 grams total of mixed amino acids in free-form

This will provide you with your basic single serving shake mixture, so use this wherever you see ‘one serving of Absorb Plus’ called for.
I used to give brand name recommendations for the whey protein and carbohydrate components, but I’ve found that sports supplement
companies change brands and formulas quite often, so it can be misleading. Your health store should be able to help you find what you need.

There’s also a company called Nutramed that makes a free-form elemental shake product (you could then add your whey or veggie isolate to it) that is completely natural, but make sure the product contains no oil. If it contains vitamins, minerals and amino acids then delete the duplicated items from the Basic Shake Mixture recipe above.

Obviously, if you’re truly allergic to whey protein, you can substitute hemp or rice protein but you’ll have to consume more of it to gain/maintain the same amount of weight. If you substitute just free-form amino acids for the protein component, this will be good for your health but you won’t be able to gain any weight on it. In order for protein to be used for muscle fibre it needs to have at least a di-peptide bond for uptake and utilisation, which free-form amino acids do not have. Keep checking periodically with the company that makes Absorb Plus though as we are currently working on an all-natural, vegetable protein elemental diet product.

This Basic Shake Mixture then needs to be added to the following ingredients (in place of Absorb Plus) to form the standard Elemental Shake Recipe you’ll be using throughout the IBD Remission Diet. Obviously, if you choose to purchase Absorb Plus, you can ignore all the information above and just start here:

<table>
<thead>
<tr>
<th>IBD Remission Diet Elemental Shake Recipe</th>
</tr>
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<tbody>
<tr>
<td>➤ Pour one cup (8 oz) of cold or room-temperature spring or filtered water into a blender</td>
</tr>
<tr>
<td>➤ Add 1 serving of Absorb Plus (100 grams/4 level scoops)</td>
</tr>
<tr>
<td>➤ Add the recommended supplements (see Chapter 3)</td>
</tr>
<tr>
<td>➤ Whip on high speed for 10-15 seconds</td>
</tr>
<tr>
<td>➤ Add 1 tsp. - 1 tbsp. of organic flax or Udo’s oil (according to tolerance)</td>
</tr>
<tr>
<td>➤ Pour into a glass over ice and drink slowly through a straw.</td>
</tr>
</tbody>
</table>
Drink the shake slowly; take at least 15-30 minutes to consume it. You may want to follow each shake with 1 glass of spring or filtered water, as the maltodextrin can absorb a lot of liquid. If you feel a bit nauseous, then drink the shake more slowly, or lower the oil content, or drink water between shakes. Also keep in mind that this is a new food source so give your body some time to adjust to it. You may want to start with just 2-3 shakes per day (or for children, start with a half serving) and gradually increase from there to the 5-8 shakes per day you’ll probably need.

It’s best if you can add one tablespoon of organic flax or Udo’s oil per shake. If you have a fat intolerance problem, then just start with one teaspoon (or less) and gradually work up to one tablespoon. Usually people with a ‘fat intolerance’ problem are intolerant of hydrogenated fat, which contains damaging trans-fatty acids (commercial vegetable oils, margarine, the fat in deep fried foods and processed foods, etc.).

Cold-pressed flax oil (and Udo’s oil) is not hydrogenated and is absorbed very quickly, and even people with a marked ‘fat-intolerance’ have no problem with it. Flax oil also contains high levels of Omega-3, which is a powerful anti-inflammatory and has been used solely in double-blind, placebo-controlled studies to maintain remission in patients with Crohn’s Disease.\textsuperscript{10}

If you find you can’t tolerate adding liquid flax oil to the shakes (even when you’ve kept your bottle of flax oil in the freezer), then take it in enteric coated capsules - some people argue that as the capsules protect completely against oxidation, they are better tolerated by people with high sensitivities. A pristine source of fish oil (make sure the company tests for toxicity) in enteric coated capsules will also give you all the benefits of the Omega-3s and other Essential Fatty Acids. Take as many of these enteric coated capsules as you can tolerate, to a maximum of 15 per day. Aside from their anti-inflammatory properties, the Essential Fatty Acids (EFAs) contained in flax oil and fish oil also benefit the body in the following ways, they:

- are a ready source of energy
- provide insulation for your body against heat loss
- prevent your skin from drying or flaking
- are a cushion for your tissues and organs
- stimulate production of “prostaglandin” families - hormones
necessary for cell-to-cell biochemical functions such as energy metabolism, cardiovascular and immune system health

You can safely supplement up to 8 tablespoons per day of flax or Udo’s oil and a good maintenance dose, once you’re off the elemental diet, is 1-2 tablespoons per day, or as often as you feel you need it.

**HOW MANY SHAKES PER DAY SHOULD I DRINK?**

The number of shakes per day that you should consume depends on your age, weight, height, metabolism, disease activity and how much oil you’re adding per shake. So use the guidelines below to figure out the best caloric intake for your particular body and needs.

1. **Your good fat tolerance – How much flax or Udo’s can you add per shake?**

   Ideally, you want to add as much oil as you can tolerate per shake because aside from its health benefits, adding oil helps to increase the calorie count per shake. One teaspoon of flax or Udo’s oil is 40 calories and one tablespoon of flax oil is 120 calories. The final calorie count of your shake depends on how much flax oil you add so, as I said, add as much as you can, up to your personal tolerance level.

   The calorie calculations below are based upon you being able to add 1 tablespoon of cold-pressed organic flax oil, or Udo’s oil to each shake (which adds an additional 120 calories)

   One Serving of Vanilla Absorb Plus = 365 calories
   So if you add 1 tbsp. of flax or Udo’s oil = 485 calories per shake.

   But, if you can only tolerate one teaspoon of oil, then that will bring your total calories per shake down to 405. I purposely did not formulate Absorb Plus with a fat source, due to people’s extreme variance in fat tolerance. Some people cannot tolerate any fat, so they start with just Absorb Plus mixed with water. Then, as their gastrointestinal tract heals they can start adding 1/2 tsp. of oil, then 1 tsp. etc. until they are up to the recommended 1 tbsp. of cold-pressed, organic flax, or Udo’s oil per shake.
2. **Your age, weight, height, metabolism and disease activity**

If you are a **child or teenager** (still growing) you need a lot of extra calories to fuel your growth, in addition to the calories you need to maintain daily activity, and in addition to the nutrients needed for healing disease.

If you are in an **active disease state**, then you also need a lot of extra calories (and protein) for healing and tissue repair, in addition to the calories needed by any normal person of your height and weight for daily living.

If you are a **tall or heavy person**, you will need more calories per day (hence more shakes) than a short or small-boned, light person.

If you want to simultaneously **gain weight**, then you need to ingest extra calories in addition to all your body’s special needs, just to put on extra weight.

If you want to lose **weight**, then you will calculate your number of shakes according to your desired body weight, not your current body weight. This will allow you to lose fat, whilst still nourishing your body and your muscles.

So, based on my experience with thousands of people with IBD who have used Absorb Plus, the basic calculation for figuring out how many shakes you need to consume each day on an exclusive elemental diet is this:

**To maintain your existing weight:**

- A sedentary adult (you just sit or lie down all day) with IBD needs to consume: 17 calories per pound of current/existing body weight per day. Example: So if you weigh 120 pounds, you need to consume a minimum of 2040 calories per day (120 x 17 = 2040). This means if you mix your Absorb Plus shakes with water and 1 tablespoon of flax or Udo’s oil, then each shake is 485 calories. Therefore, you need to drink a minimum of 4.2 shakes per day (so, for ease of mixing, you would drink 4.5 shakes per day) to maintain your weight.
- An active adult with IBD needs to consume: 20 calories per pound of current body weight, daily
- A growing child or teenager with IBD needs to consume: 35
calories per pound of current body weight, daily

- A pregnant or nursing woman with IBD needs to consume: 25 calories per pound of current body weight, daily

**To gain weight (about 2 pounds per week):**

- A sedentary adult with IBD needs to consume: 17 calories per pound of current body weight + 2 additional shakes, per day.
- An active adult with IBD needs to consume: 20 calories per pound of current body weight + 3 additional shakes per day.
- A child or teenager with IBD needs to consume: 40 calories per pound of current body weight, per day (but minimum of 5 shakes/day)
- A pregnant or nursing woman with IBD needs to consume: 25 calories per pound of current body weight + 2-3 additional shakes per day

**Note:** If you are someone with a high metabolism, then you may also need additional shakes to those given above. Basically, use these calculations to give you a rough guideline. But since each body utilizes calories differently, adjust up or down according to your body’s needs. Remember, these calculations are for people using ONLY Absorb Plus as their sole food source, during an elemental diet.

**The bottom line:** If in doubt, start with 6 shakes per day and then increase from there until you start seeing weight gain, or the desired results. But give yourself time to gradually build up to your desired intake. Remember that this is a brand new food source and very different from what your body is used to dealing with, so allow for an adjustment phase and proceed at the pace that’s right for you.

For example: My first time on an elemental diet, when I weighed 99 pounds (I’m 5’7”), I drank 9 shakes per day to gain 36 pounds in six weeks. My second time on an elemental diet, when I weighed 115 pounds, I drank 6 shakes per day to gradually gain 5 pounds in three weeks. It’s very individual, so don’t be afraid to experiment.

Sometimes doctors or dieticians will express concern about patients ingesting such a high amount of protein per day and whether it will
stress the liver or kidneys. Unless you have a pre-existing liver or kidney condition, we have not seen this to be an issue.

As a baseline, the body can easily handle three times its weight (grams to kilograms) of protein per day. So if you weigh 50 kg, you can easily handle 150 grams of protein per day – that would be 5.5 Absorb Plus shakes. However, in active disease states, where extra protein is needed for a myriad of functions, the body can utilize even more protein before you will see any of it coming out in the urine.

My first time on the elemental diet, by the time I’d built up to 8 shakes per day, I weighed 105 pounds (48 kg). The maximum amount of protein per day for me at that weight should have been 150 grams; however, I was consuming 216 grams (8 shakes) per day and seeing only positive results.

We have also seen, over the eight years since the first edition of The IBD Remission Diet was printed, that growing children (especially those who are behind on the weight/height charts) can handle even higher amounts of protein per day and only benefit. So it’s best to stay tuned to your unique body and adjust your shake intake as needed to accomplish your goals. You can also ask your doctor to monitor your liver and kidney function whilst on the Diet.

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**INABILITY TO GAIN WEIGHT**

If you’re consuming a sufficient number of calories and grams of protein per day and you’re still not gaining weight, then book an appointment with a naturopath who’s experienced with hormones. Chronic stress, illness and pharmaceutical drugs (especially steroids) can really mess up your adrenal gland and hormone levels and result in all kinds of problems from impaired thyroid function to a deficit or surplus of key hormones involved in weight regulation. If you’ve been on prescription steroids (eg. Prednisone) or other immune suppressant drugs (eg. Imuran), or birth control pills, you definitely need to have your thyroid and hormone levels checked. However, as hormonal health is still a relatively new field you need to find a physician (MD or ND) who specializes in hormones and has lots of experience reading and interpreting hormone tests combined with symptom profiles.
I had two doctors (an MD and an ND) tell me my hormone levels were normal, when I knew intuitively there was something wrong with them. I was eating three meals plus two protein shakes per day and I was still losing weight. I was freezing cold all the time and even when I used a hot water bottle or bath to warm up, I wouldn’t stay warm afterwards. I was very irritable and felt depressed many days and I was usually very tired. I finally found a doctor who specialized in hormone health and she ascertained that my thyroid was low, my cortisol levels very high, and my estrogen, progesterone and testosterone were all very low as well. I began supplementing with raw adrenal gland extract, thyroid extract, DHEA, and natural progesterone cream. From my second day of supplementation, I was no longer cold and I began gaining about three pounds per week. My mental/emotional symptoms also subsided very quickly and my energy increased proportionately.

If you’re a woman over the age of twenty, I highly recommend you purchase a book called, *What Your Doctor May Not Tell You About Premenopause* by John R. Lee, MD and Jesse Hanley, MD. Don’t let the title mislead you, this is the best book on hormonal imbalances I have read, and all the factors - from plastic food containers to synthetic clothing to emotional/lifestyle factors - that contribute to hormonal imbalance are covered. The book also goes into hormone testing and therapy in detail so it’s an invaluable resource guide if you suspect your hormone levels are off, or that your adrenal or thyroid are not functioning properly. For men, there’s a little booklet available in most health stores called *Natural Progesterone Cream: Safe and Natural Hormone Replacement* (A Keats Good Health Guide) by C. Norman Shealy, MD, PhD, that is helpful - particularly if you have, or your family has, a history of prostate gland problems.

Most hormonal supplements your naturopath prescribes can just be added to the shakes along with the rest of your supplements. DHEA is a tasteless, raw adrenal extract is pretty bland as long as it doesn’t have other substances added; raw thyroid extract is usually a very small pill that can be swallowed or chewed easily. Do not take synthetic hormones as they do not have the same holistic, supportive effect on the body - make sure all hormones and thyroid or adrenal supplements are 100% natural.
You may also want to try homeopathic thyroid and adrenal support medicines. During my second pregnancy, I used a homeopathic formula that provided support for my thyroid, liver, spleen, pituitary, pancreas and adrenal and found it very effective. We monitored my thyroid levels throughout my pregnancy with blood tests and the homeopathic remedy alone (along with good diet, nutritional supplements and exercise) resulted in consistent, marked improvement throughout the pregnancy.

A hypothyroid condition can cause mental retardation in the fetus so it’s not something you want to take chances with! Above all, if you suspect you have a hormonal imbalance the important thing is to find a doctor who specializes in hormones - an ordinary GP or ND (or Gastroenterologist) will not be skilled enough to interpret your test results and symptoms accurately.

However, since we have seen that many people either cannot afford to do this, or just can’t seem to allocate the time/energy to do it, I am going to give you a shortcut that is likely to help in many cases.

Endocrine specialist, Jonathan V. Wright MD, has developed a holistic endocrine supplement called Thyroplex. He reasons that you should never just treat one gland in isolation – since they are all linked like dominoes. Therefore, you need to support the entire endocrine system in a return to balance. I agree with Dr. Wright and many of my readers with Inflammatory Bowel Disease (IBD) see very good results from taking Thyroplex (there is one for males and one for females). I also did a teleseminar specifically about hormone balance in chronic illness with Dr. Wendy Ellis, one of Dr. Wright’s colleagues, who works at his clinic in Washington. Women with IBD usually also benefit from taking natural progesterone cream (a dime-sized amount rubbed into the soles of the feet once a day for 14 - 20 days of the menstrual cycle).

But again, it is definitely recommended that you see a doctor who specializes in hormones and have your individual situation assessed properly, if at all possible.

| LIQUID BOWEL MOVEMENTS & BLOATING |

Within a day or two of beginning the elemental diet, you’ll pass only liquid feces and your bowel movements may be a strange color, or look
weird to you. All natural coloring agents used in the elemental shakes will go straight through to your bowel movements and you will also be flushing toxins and possibly experiencing ‘bile purges’ from your gallbladder - which may add up to very strange looking fecal matter. As well, don’t be surprised if your bowel movements become very urgent. Liquid fecal matter is usually explosive and hard to hold in. THIS IS NOT DIARRHEA. It may look and feel just like diarrhea, but it is not. Diarrhea signifies undigested food and loss of nutrients and electrolytes. None of these things are happening on an elemental diet. You are merely having liquid bowel movements because you are consuming only pre-digested liquid foods. Think of a breastfed baby: they have very frequent, watery stools because they are consuming only a liquid, pre-digested diet – but breastmilk is still the healthiest, most highly nutritious food.

If you get more diarrhea when taking wild oregano, that too is normal and is actually a positive thing. It shows that the body is flushing all the dead pathogenic microorganisms and their toxic by-products from your gut. Candida overgrowth alone produces more than 79 toxins. Likewise, when you first begin probiotic supplementation (especially if you have not taken probiotics regularly before) you will also experience a die-off (Herxheimer) reaction as the bad bacteria, yeast and other pathogens leave the bowel.

If you have urgent, explosive and frequent bowel movements whilst on the IBD Remission Diet, here are some of the things that you can try, to reduce volatility or cramping whilst on the Diet:

1. Reduce the amount of oil per shake - start at only 1/4 tsp. and work up from there as tolerated. If you can’t tolerate even a 1/4 tsp., then don’t add any oil at all for a week or so whilst you allow your system to heal and adjust, then try again.

2. Try Udo’s Choice Oil Blend rather than cold-pressed, organic flax oil, or, vice versa - different people’s bodies like different things.

3. Some readers find that adding the Vitamin C to their shakes (even though it’s in mineral ascorbate form) still results in increased bowel movements. For those who are trying to stop frequent or explosive bowel movements, or intestinal bleeding, this can be aggravating. I advise you to test it and see how your
body responds. If you can tolerate it, then it’s still a good idea to reap the benefits of this powerful healing tool (or try taking only half or one quarter of the recommended dose). If you’re unsure whether it’s good/safe for you, then please follow your gut!

4. Make sure you’re taking the Natren Probiotics. Follow the dosage instructions given in this book and make sure you take them in powdered (not capsule) form.

For myself (and the majority of my readers), taking probiotics during the elemental diet greatly reduced the urgency and explosiveness of the liquid bowel movements. Other benefits that follow from taking probiotics during the diet include:

- Faster healing of the mucosal lining
- An increased die-off of pathogenic microorganisms (e.g. yeast, bad bacteria, parasites, etc.) in your gut. If the die-off is too fast, you just reduce the probiotic dosage.
- Control of Candida albicans (yeast) overgrowth

Remember that as elemental shakes are a liquid food, your bowel movements will most likely be watery (this is not diarrhea) and watery bowel movements tend to be more urgent/explosive and can sometimes cause cramping as your system adjusts. Alternatively, if your bowel movements are formed throughout the Diet, don’t worry, as this too is considered normal - just make sure you’re drinking enough water. Remember, you’re supposed to be drinking at least one glass of filtered/spring water between shakes. There is the occasional person who becomes constipated on the Diet – perhaps because maltodextrin absorbs a lot of water. So in this case, in addition to drinking a large glass of water between shakes, you can also add magnesium citrate to your shakes 1 to 3 times a day as needed – up to 1000 mg per day.

You will also likely experience bloating during your time on the Diet. Again, unfortunately, this too is a normal consequence of an elemental food source. You can reduce the bloating by drinking the shakes without ice – room temperature elemental shakes cause less bloating than cold ones. During my first time on the IBD Remission Diet when I was consuming 8 – 9 shakes per day (and I like them icy cold), I was
bloating so much I looked four months pregnant. But don’t worry, within a week or two of transitioning to normal food, the bloating just naturally disappears. Think again of a breastfed baby – they have nice, fat, rounded tummies too.

If none of the above works to reduce the cramping (or nausea, or you are having more than 15 bowel movements per day) within 10 - 14 days, then you may have an intolerance to some ingredient in the elemental shake product. The only way to find out what’s really going on is to test and see and above all, listen to your gut - you’ll get an intuition as to what’s really causing problems for you at some point. Just make sure you try the Natren probiotics first though, as that has worked well for many people with similar problems.

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**PRE-EXISTING CANDIDA (YEAST) INFECTION**

If you have a pre-existing or widespread yeast (*Candida albicans*) infection, you’ll need to treat the yeast infection simultaneously whilst being on the IBD Remission Diet. Yeast (*Candida*) flourishes unchecked in the absence of good gut bacteria, and this can lead to an increase in yeast-related symptoms. It is the good bacteria in your gut that usually help control the proliferation of yeast and keep it in balance. Keep in mind that *all* of us have *Candida* throughout our body - it is only a problem when it becomes too prolific and out of balance.

Symptoms of a yeast infection include:

- **Nervous System** - Depression, anxiety, sudden mood swings, lack of concentration, drowsiness, poor memory, headaches, light-headedness, insomnia, fatigue.
- **Digestive System** - Abdominal bloating, pain and gas, indigestion, heartburn, constipation, diarrhea, gastritis, mucus in stool.
- **Urinary/Vaginal System** - Recurrent bladder infections, burning or urgent urination, cystitis, vaginal burning or itching, menstrual cramping.
- **Muscoskeletal System** - Muscle and/or joint swelling and pain.
- **Mouth and Throat** - Bleeding gums, dry mouth and tongue,
cracked tongue, thrush, white patches. You most likely have all the Digestive System symptoms already, but if you also have a lot of the other symptoms, then there’s a good chance that Candida (yeast) is a problem for you. To obtain a definitive diagnosis, see your physician.

There are two ways to treat a yeast infection whilst on the IBD Remission Diet, depending on how severe it is. If you have a mild infection, the probiotic regimen along with five drops of wild oregano oil 2 - 3x/day is likely sufficient to keep things in check. This will help to kill off the Candida, whilst promoting a healthy gut flora. I suspect that most, if not all, people with IBD have at least a mild Candida infection. So I would encourage you to at least start taking the probiotics now (or at the beginning of the Diet) as a preventative (see Chapter Three).

If you have a moderate to severe yeast infection, you need to use a natural anti-yeast supplement (I recommend wild oregano oil) both internally and topically (where applicable) for the duration of the Diet, and if you taper down or go off it, you must immediately follow it with high dose probiotic supplementation (7 – 10 billion c.f.u. per day). If you don’t tolerate wild oregano oil, olive leaf extract is a good alternative. Full details of how to use wild oregano oil (Jini’s Wild Oregano Oil Protocol) to address Candida infection are given in Chapter Six.

Some people with yeast infections have also expressed concern over the fructose and maltodextrin contained in elemental shake products - worried that the ‘sugar’ will exacerbate their yeast problem. Please keep in mind that 15 grams of fructose is the amount of fructose contained in one apple. So check the fructose level in your elemental shake to see how much or how little you’re actually consuming. The Unsweetened version of Absorb Plus does not contain any fructose.

However, it’s not possible to consume carbohydrates in elemental form without breaking them down (pre-digesting them) and all carbohydrates are composed of sugars (saccharides). Maltodextrin is a glucose polymer. If you try to go on an elemental diet without any carbohydrates (i.e. you just ingest protein powder), you will probably lose weight and not have any energy.

When it comes to healing gut disorders, the healing often has to occur in layers, because you just can’t treat everything at once – the
body can’t handle it. So, compared to intestinal bleeding, malnutrition, malabsorption, continual pain, etc. Candida overgrowth is definitely a ‘lesser stage’ problem and can be dealt with after the more serious symptoms are resolved.

This is because there is no elemental product in existence that will not feed Candida – because all carbohydrates are broken down into sugars. So even if you ingest a completely fructose-free elemental product, the maltodextrin (or whatever else the carbohydrate source might be) will still feed the Candida.

The wild oregano oil and probiotics combined (see Chapter 3 and 6) should be sufficient to keep Candida in check whilst on the elemental diet – for some it is even enough to resolve their Candida issues.

If Jini’s Wild Oregano Oil Protocol and high dose probiotic supplementation don’t resolve your Candida infection – perhaps your infection is severe and has been present for many years – then this issue can be fully addressed after completing the elemental diet. Your naturopathic physician can guide you in an anti-Candida protocol, or you can use my teleseminar with Dr. Carolyn Dean MD ND: Candida, Detox & More!, for exact instructions on how to accomplish this.

Getting back to the “healing in layers” concept: In my experience, what heals inflammation, ulceration and malabsorption in the gut is not what heals Candida overgrowth. They require different therapies and protocols. That’s just the way the body works. If you go really hard on an anti-Candida protocol before strengthening the gut and gaining enough weight to withstand a detox reaction, you will trigger a full-blown IBD flare. Which is worse?

I had one reader who had severe Crohn’s symptoms and she knew she needed to go on the IBD Remission Diet, but she wouldn’t use an elemental shake product because of the sugars. She was too worried about the saccharides exacerbating her Candida infection. Except that without healing the ulceration and malnutrition, her Crohn’s escalated and she died. Now who knows what other factors were involved here, but the bottom line is: heal the most serious symptoms first and then work your way down the list, gradually clearing the rest.
If you experience a severe flare-up during pregnancy or breastfeeding, then the IBD Remission Diet, along with probiotics, may be the best solution for you to maintain your weight and nutrition, whilst avoiding drugs.

A reader (with colitis that was later diagnosed as Crohn’s) once contacted me in her second month of pregnancy. Anna was experiencing a severe flare with copious bleeding and diarrhea, and she was unable to eat much or absorb much nutrition from her food - the gastrointestinal transit time was too fast. Her doctor strongly wanted to put her on Prednisone and was afraid she’d lose the baby if she didn’t go on it. Anna had been on the IBD Remission Diet before (and was very happy with the results that time), so she asked me if I thought she should go on the Diet again, rather than take Prednisone.

After questioning her closely about her condition, symptoms, etc. I recommended that she go on the IBD Remission Diet with two modifications. First, I wanted her to amend the supplementation recommended in the Diet to comply with safety guidelines for pregnant women – this meant avoiding, or using very little wild oregano oil – and also add in other supplements specifically recommended for pregnant women (like extra folic acid).

Secondly, I advised her to try juicing vegetables and drinking them. By juicing and drinking fresh vegetables, the Diet was no longer elemental, but it would still be far easier for her body to extract nutrients from juices then from solid food. If she could tolerate the fresh vegetable juices, then that would be ideal because the baby would receive adequate phytonutrients as well. I felt the vegetable juices together with the Absorb Plus shakes, Udo’s oil, and supplements should provide a fairly well-balanced diet with an adequate range of nutrients for a developing fetus.

So, Anna tried the vegetable juices and found she could indeed tolerate them, and she stayed on the IBD Remission Diet along with the juices for about seven weeks until she was past her flare. The rest of her pregnancy went smoothly, her baby scored highly on the Apgar test at birth, and he was continuing to thrive at two years of age, when I last
talked with Anna.

So far, Anna is the only person I’ve heard from who has attempted this variation of the IBD Remission Diet whilst pregnant. I have heard from numerous other readers who’ve used the Absorb Plus shakes along with the recommended supplements and well-tolerated foods (sort of like a half-elemental diet) during pregnancy and breastfeeding, but they have not done an exclusive elemental/liquid diet.

Initially, Anna was worried about whether the Diet and juicing would provide adequate nutrients. My view is that you have to balance it out against the alternative: What do you think will do more damage to your baby, Prednisone or missing a few nutrients for a while? And realistically, when I think of what the average North American woman eats during pregnancy, I’m sure their babies are not getting adequate nutrition either!

If it happens that you need to go on the IBD Remission Diet during your pregnancy (or breastfeeding), then email me your story in as much detail as possible so that I can share the information and other pregnant women can benefit from your experience.
TAKE ACTION

How Long Should I Stay on the Elemental Diet?

1. List your symptoms here - all the symptoms you’d like to see resolved by following the IBD Remission Diet:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. Perform the relaxation exercise and ask your own intuition how long you should remain on the diet:

______________________ weeks

3. Examine your answers above and combine with the guidelines given in this chapter for suggested length of time on the Diet (remember to err on the side of caution!). Therefore, you should remain on the Diet for:

______________________ weeks
How Many Shakes per Day Should I Drink?

Go through the instructions, starting on page 47 and use the calorie charts to calculate your desired daily calorie intake per pound, depending on whether you are:

- A growing child or teenager
- A pregnant or lactating woman
- An active adult
- A sedentary adult
- And whether you are trying to maintain your weight, lose weight, or gain weight

To maintain your existing weight

_____ (number of calories I need to ingest per pound of my existing weight) x _____ (number of pounds I currently weigh) = __________ calories per day that I need to ingest.

__________ calories per day = _____ shakes
(number of calories) (number of shakes)

*shakes are approximately 360 calories each, or 480 calories each if you add 1 tbsp of Udo’s or flax oil. So make sure you calculate the correct number of calories per shake, according to how much oil you’re adding. 1 tsp of oil = 40 calories. 1 tbsp of oil = 120 calories.

Example #1: Tamara (sedentary adult) weighs 140 pounds, so to maintain that weight: 17 x 140 = 2,380 calories per day ÷ 480 = 5 shakes per day (with 1 tbsp. of Udo’s or flax oil added per shake).

Example #2: Zach (8 year old child) weighs 60 pounds and just wants to maintain his existing weight and support normal growth for his age: 35 x 60 pounds = 2,100 calories per day ÷ 480 = 4.5 shakes per day (with 1 tbsp. of Udo’s or flax oil added per shake).
Chapter 2

**To gain weight**

________ (number of calories I need to ingest per pound of my existing weight) x ______ (number of pounds I currently weigh) = ___________ calories per day that I need to ingest to maintain my weight.

__________ calories per day = _____ shakes + 3 additional shakes = _____ shakes per day I need to ingest to gain about 2 pounds per week.

*shakes are approximately 360 calories each, or 480 calories each if you add 1 tbsp of Udo’s or flax oil. Make sure you calculate the correct number of calories per shake, according to how much oil you’re adding. 1 tsp of oil = 40 calories. 1 tbsp of oil = 120 calories.

Example #1: Tom (active adult) wants to weigh 175 pounds. So, 20 x 15 = 3,500 calories per day ÷ 480 = 7 shakes + 3 additional shakes = 10 shakes per day with 1 tbsp of Udo’s oil added per shake, to gain approximately 2 pounds per week.

Example #2: Tammy (growing child) wants to weigh 75 pounds. So 40 x 75 pounds = 3,000 calories per day ÷ 480 = 6 shakes per day (with 1 tbsp. of Udo’s or flax oil added per shake), to gain approximately 2 pounds per week.

**Remember, when in doubt, or if you don’t see results, start at 6 shakes per day and increase every 2-3 days until you see weight gain. Don’t be afraid to start slowly and gradually ramp up to full dose over the course of a week or two.**
To lose weight

17 calories x ______ (number of pounds I want to weigh) = __________ calories per day that I need to ingest.

__________ calories per day = ________ shakes
(number of calories) (number of shakes)

*shakes are approximately 360 calories each, or 480 calories each if you add 1 tbsp of Udo’s or flax oil. Make sure you calculate the correct number of calories per shake, according to how much oil you’re adding. 1 tsp of oil = 40 calories. 1 tbsp of oil = 120 calories.

Example #1: Susie (sedentary adult) currently weighs 160 pounds, but she wants to weigh 135 pounds. So, 17 x 135 = 2,295 calories per day ÷ 480 = 5 shakes per day with 1 tbsp of Udo’s oil added

Example #2: Matthew (active adult) currently weighs 270 pounds, but he wants to weigh 190 pounds. However, he does not want to lose weight too quickly, or he will slow down his metabolism. So, to lose weight at a healthy rate (which will prevent him from gaining it back in the long-term), he needs to set his weight goals in 40 pound increments. So his first goal weight is 230 pounds. 20 x 230 = 4,600 calories per day ÷ 480 = 9 shakes per day (with 1 tbsp. of Udo’s oil added per shake). Once he has reached 230 pounds, his next goal weight is 190 pounds. 20 x 190 = 3,800 ÷ 480 = 7.5 shakes per day (with 1 tbsp. of Udo’s oil added per shake).
All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else.

Buddha
Each of the recommended supplements in the IBD Remission Diet has been chosen for its specific action on the immune and digestive system. The objective is threefold:

1. To rebuild the intestinal wall and mucosal lining and assist the healing of any wounds, ulcers, fissures, fistulas or diverticulae.
2. To support and balance the immune system so immune function returns to normal.
3. To re-populate the gut bio-terrain with predominantly good bacteria – and eliminate any gut infection, if necessary.

Inflammatory Bowel Diseases (IBD) are all classed as auto-immune disorders; meaning that, for some unknown reason, the body attacks itself – or perhaps the body really is attacking a pathogen, we just don’t know. Regardless, this results in on-going wounding to the digestive tract, which can include ulceration, fissures (deep cracks in the intestinal wall) and fistulas (cracks that penetrate right through the intestinal wall and can often join up with another crack that leads into a new section of intestine, or exit the gastrointestinal tract) – although it is now being theorized that many fistulas are actually caused by the medications used to treat IBD.

Thus, part of healing IBD long-term involves eradicating infectious microorganisms and healing and re-balancing the immune system, so its function returns to its normal protective state. This is why I encourage you to wean yourself off all prescription drugs prior to starting the IBD Remission Diet, so your body is able to reap the full benefits of the elemental diet, supplementation plan and probiotic flora replacement.

The other key facet of healing IBD (Inflammatory Bowel Disease) involves direct healing of any ulceration, fissures, fistulas and diverticulae by using herbs, vitamins, minerals, amino acids and other natural compounds that facilitate the healing of gastro-intestinal tissue and the mucosal lining.

Diverticulae are pouches in the colon where food can get stuck and then infect/inflame the surrounding tissue. This condition is dramatically improved by increasing the muscle tone of the intestinal wall, rebuilding the mucosal lining and balancing the bacterial flora, all of which should occur by following the IBD Remission Diet.
As you’ve seen from the clinical trials presented in Chapter One, an elemental diet, on its own, can result in disease remission and in some cases complete healing of the intestinal mucosal lining. The beauty of the IBD Remission Diet (when followed correctly and completely) is that you not only get the benefits of disease remission (provided by the elemental diet), but the comprehensive supplementation plan results in digestive and systemic healing as well. The two combined should keep you healthy and symptom-free for the foreseeable future - of course you also need to follow the Maintenance Diet and recommendations for ongoing health in Chapter Seven and those with entrenched conditions may also require the additional therapies given in my book, *Listen To Your Gut*.

As I described in Chapter Two, one of the principle theories behind the deterioration of intestinal health is an imbalance of gut bacteria, which leads to Leaky Gut Syndrome. If you get too much ‘bad’ bacteria in your gut and not enough ‘good’ bacteria, the bad bacteria will degrade the mucosal lining and even penetrate through the intestinal wall. This causes undigested particles of food to pass directly into the bloodstream where they are perceived as allergens and trigger an immune response.

Good bacteria, on the other hand, promote intestinal health by forming a protective coating of the mucosal cell lining. Damaging substances like unhealthy bacteria, toxins, chemicals and wastes are filtered out and eliminated. Simultaneously, water and nutrients are absorbed (once properly digested) into circulation and made available to the billions of cells in the body that need them. A healthy gut flora also helps prevent yeast, fungus or parasites from adhering to the intestinal wall and causing problems.

Long-term intestinal/digestive health is impossible without a healthy bacterial flora in your small and large intestine. This is why it’s crucial to supplement with probiotics (good bacteria) during and after you’ve been on the elemental diet, or after a course of antibiotic medication, or any GI diagnostic/exploratory procedure (barium enema, colonoscopy, sigmoidoscopy, etc). Most people also need to use *Jini’s Wild Oregano Oil Protocol* to eradicate the infectious microorganisms in their gut (yeast, bad bacteria, mycobacteria, viruses, etc.).
The IBD Remission Diet provides an excellent platform for clearing most of the unhealthy bacteria in your gut that have been causing, or contributing to your IBD/IBS. The supplements you consume whilst on the elemental diet also rebuild and restore your intestinal wall and mucosal cell lining. If you combine this healing of your digestive tract with probiotic supplementation (and a healthy diet and lifestyle) you will ensure the health and integrity of your gut is maintained in the long-term – barring any stressful or traumatic emotional occurrences.

WHEN DO I START PROBIOTIC SUPPLEMENTATION?

Feedback from thousands of readers has confirmed that it’s best if you can start supplementing with probiotics on day one of the Diet – and if you can start right now, even better! Many readers with active intestinal bleeding found the probiotics helped. There is a colon clinic in Sydney, Australia that specifically uses high doses of Natren probiotics, along with probiotic retention enemas to stop intestinal bleeding, because they find it so effective. But a few of my readers found it best to wait until their bleeding had lessened, or stopped, before supplementing with probiotics. Everyone’s body has different tolerance levels, so you have to listen to your own body and act accordingly.

Continue supplementation through the gradual transition to completely solid food and then keep supplementing for an additional 6 - 12 months once you’re completely on regular food (but at least a minimum of three months).

Thereafter, you may only need to supplement with probiotics two or three times a week to maintain your healthy gut flora, or maybe less if you are consuming fermented foods on a daily basis - let your bowel movements and intestinal health be your guide. If your stools are well-formed and sit on the bottom of the toilet and you only have one to three bowel movements per day, then your bacterial flora is healthy and balanced and you likely don’t need additional probiotic supplementation. You should also have little to no flatulence, but if you are experiencing gas, bloating, or heartburn, then continue to supplement daily with probiotics.

If you regularly eat organic yoghurt, kefir, natto, fermented
SUPPLEMENTATION PLAN

vegetables and other foods containing healthy bacteria, then you may not need to supplement with additional probiotics at all after the first year, as the fermented/cultured foods may keep your intestines supplied with enough ongoing healthy bacteria. However, until you have healed your gut and established a healthy flora through probiotic supplementation, you may not be able to tolerate these fermented foods. So we need to take things one step at a time, gradually healing the layers and bringing your body up to normal health and tolerance levels.

WHICH PROBIOTICS DO I TAKE AND HOW OFTEN?

It’s important to supplement with a full spectrum of probiotic species that provide strains for both the small and large intestine. At the very least, you need to take *L. acidophilus* (stomach and small intestine) and *B. bifidum* (large intestine) bacteria. My favorite probiotic manufacturer is Natren. While you’re on the elemental diet, you need to ingest the probiotics in powder form. Get the Bifido Factor (*B. bifidum* bacteria) and Mega Dophilus (*L. acidophilus* bacteria) and Digesta Lac (*L. bulgaricus* bacteria) powders and mix them together in 6 – 8 ounces of filtered room-temperature water. The Natren probiotic powders are available in dairy or non-dairy based formulas, so choose whichever is most likely to suit your system. You need to use powders due to the rapid transit time through your GI tract whilst on the elemental diet. Thereafter, if you are having less than 4 bowel movements per day, you can switch to capsules, if you wish.

For children, if they can tolerate it, the dairy-based powders are easiest to use, because they mix into the shakes (and yoghurt or raw milk – once you’re off the Diet) seamlessly – you literally cannot taste they’re there.

If your system is super sensitive and you cannot tolerate any of these species of bacteria, then you need to start with the infant bacteria – *B. infantis*. Due to declining gut flora in mothers, caesarean deliveries and lack of breastfeeding, many people have not received this crucial bacteria at birth and during the first year of life. So for these people, their probiotic supplementation has to go back to the beginning. Natren
sells *B. infantis* powder in both a cow’s milk or goat’s milk base; it’s called Life Start. If you have found it difficult to tolerate probiotics in the past, then start with *B. infantis* first, for one month. Then try to introduce one of the adult species.

Do not use tap water with probiotics (use filtered or spring water only) as the chlorine and other contaminants can kill the bacteria. Only buy probiotic powders that are kept in a refrigerator in the store and then refrigerate them at home - this ensures the bacteria are kept alive and fresh. To ensure you’re getting what you’re paying for, only buy probiotics where the manufacturer guarantees the live bacterial count of each species, through to the expiration date – not just at the time of bottling. Don’t compromise on this stipulation, no matter what your naturopath or health store worker tells you. If the manufacturer will not guarantee the live count to the end of the expiration date – it’s because the product is not live and potent! In that case, you’ll just be wasting your money and you won’t get therapeutic results.

Clinical trials show that you need to ingest a minimum of 7 – 10 billion c.f.u. (colony forming units) of good bacteria per day, in order to see therapeutic results. Thus, you should gradually work up to the **full dose of 1 tsp. of each probiotic powder, mixed together in 6 - 8 ounces of filtered water, 3x/day**. This will give you a combined total of 12 billion c.f.u. per day. Proceed as quickly as you can, but if you experience too much of a “die-off” effect, then scale back on dosage and/or frequency and then gradually build back up again, as you can tolerate it.

As the probiotics begin to populate your gut, the bad bacteria and yeast begin to die off and this can cause unpleasant symptoms. Yeast alone releases 79 different toxins – so you can feel the effects of this as headaches, fatigue, nausea, rashes, and of course, diarrhea as the body wants to get rid of these dead pathogens as quickly as possible. You can either stay on the high dose of probiotics and soldier through the 7 – 14 days of this die-off effect (also called the Herxheimer Reaction) or you can reduce the dosage to a tolerable level and then gradually increase as you can handle it, until over time, you eventually get up to the full dosage. It’s really your choice as to which you prefer.

If small children won’t drink the probiotics mixed in water (try giving
them a straw to use), you can mix them into the shakes by hand (don’t use a blender as that can damage the bacteria). So you blend your shake as normal, then place a few tablespoons of shake mixture in a separate cup, add the probiotics and mix into a smooth paste. Add this smooth paste back into the shake and stir to mix thoroughly. **Children should work up to the full dosage of 1/2 tsp. of each probiotic powder, 3x/day.**

Adults can also mix their probiotics into the shakes using this same method, if they prefer. You may want to test taking them both ways (mixed in the shakes, or, in isolation on an empty stomach) and see whether your body prefers them alone, or in the shakes.

For example, you may want to take your first dose of probiotics first thing in the morning and then follow it with a shake half an hour later. Then, take your last dose right before you go to bed at night (on an empty stomach). This will give the bacteria a chance to colonize and really establish themselves while you sleep. But, certain other supplements you may be taking (like wild oregano oil, aloe vera juice and MucosaHeal) should not be taken with probiotics, since they have antibacterial properties and need to be consumed 2 hours away from any probiotics. So you may have to juggle your supplement schedule and you may end up just adding your probiotics to your shakes.

Continue this probiotic supplementation program throughout the transition from elemental shakes to solids and for at least three full months after you’re eating completely solid foods (but ideally six to twelve months). After you’re on solid foods, and as long as you do not have more than three bowel movements per day, you can switch to the Natren Healthy Trinity capsules, if you wish.

Once you’ve started the probiotic supplementation, it’s best if you do not take antibiotics or have any kind of intestinal exploratory procedure done (colonoscopy, barium enema, etc.) as this will completely disrupt and possibly eliminate the healthy bacterial environment you are trying to establish. If you do have one of these procedures done, try to schedule it before you even start the IBD Remission Diet, or, once you’ve finished the procedure, or course of antibiotics, begin again with the full program of probiotic supplementation for the full three months to six months and also administer *Jini’s Probiotic Retention Enema*. 

75
(see Chapter Six). It should be a standard medical procedure to follow any disruption of intestinal flora with probiotic supplementation and although many doctors are now aware of this, it has yet to become a medical standard.

The probiotic powders are also useful to have on hand for any family members who experience a bout of vomiting or diarrhea from travelling, mouldy food, bad water, etc. We take the probiotics with us when we travel to Mexico (packed on ice in a thermal bag) and have never been sick there in 17 trips – even when the group we were with were all ill with diarrhea and some vomiting, we were fine.

If you have taken antibiotics, or had a colonoscopy, or some other event which has greatly reduced your beneficial bacteria, you may also want to use Jini’s Probiotic Retention Enema to deliver a large dose of probiotics directly to your colon – see Chapter Six for details – as well as the high dose oral probiotics.

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**JINI’S HEALING IMPLANT ENEMA FOR COLONIC BLEEDING**

If you’re experiencing a lot of bleeding primarily from your colon, you may want to use this herbal enema mixture as it’s excellent for wound healing and works very quickly. Because it’s an implant enema (rather than a cleansing enema), the goal is to keep the enema mixture inside your colon for as long as possible. Therefore, you’ll have best results if you administer it first thing in the morning (after your morning bowel movement) or last thing at night, or whenever your bowel is likely to be the most clear of stool. You can buy disposable enema kits from any medical supply shop (or your naturopath/doctor may have some in-house). These kits can actually be used more than once if you rinse thoroughly with hot water and clean the tip well.

The enema mixture consists of: 1 tsp. Comfrey powder, 1 tsp. Marshmallow Root powder and 1 tsp. Slippery Elm (inner bark) powder, mixed in 1 - 2 cups of filtered or spring water. Use 2 cups of water if you can retain it, if not, just use 1 cup, or even half a cup. Start with whatever amount of liquid you can tolerate and then gradually increase to 2 cups as you can retain larger amounts of water. An herb pharmacy should have all the ingredients, but they must be in powder form.
You can also get Jini’s Healing Implant Enema Kit online at my LTYG Holistic Health Shoppe.

The powders mix best if you put the whole mixture in a blender and whip it for 30 seconds. If you don’t have a blender then just mix them as best you can in the water by squashing the lumps with a spoon. Heat the mixture on the stove until it reaches body temperature or, if you’re whipping it in the blender, just use hot water. When the mixture is body temperature, or about the temperature of milk in a baby’s bottle, pour it into the enema bag. You’ll probably need someone to assist you in administering the enema, at least for the first few times.

Using the clamp on the enema tube stops the flow of liquid, as does holding the end of the tube higher than the bag. So let the mixture flow down almost to the end of the tube and then clamp it about a foot and a half from the end to shut off the flow. You want the mixture right at the end of the tube, so that when you insert it and release the flow into your colon you don’t get a lot of air going in as well. You may find it easy to insert the tube into your anus, but I’m going to give you instructions that will make it as easy as possible for even the most sensitive of rectums.

Start by rinsing a washcloth in hot water, wring it out, then press it against your perianal area. The heat and moisture will cause the tissue to soften up. Next, use your fingers to apply Vitamin E oil (available in capsules, just puncture the end with a needle and squeeze out the oil) or comfrey salve all round and inside your anus. Also apply it to the tip of the enema tube and about two inches along the length. You can use KY jelly instead, but I prefer the comfrey salve or Vitamin E oil as they’re also excellent wound healers that will prevent, or help to heal any anal/rectal fissures.

Insert the enema tube gently into your rectum (about three inches should be sufficient) and then have your assistant slowly release the clamp, allowing the mixture to flow in at a comfortable rate. You may have to keep the flow quite slow for the first few times and stop it every now and again before you’re able to continue. But as you get used to the enemas you’ll be able to accept the liquid faster. When all the mixture has gone in, re-clamp the tube and withdraw the tip from your rectum.
Here are some tips that will really improve the ease and efficacy of the implant enema:

1. Lie down on your left side with one or two pillows (covered with a towel) under your bum/hips. Having your bum raised up enables you to use gravity to assist the flow of the enema mixture into your colon. Lying on your left side draws the liquid into your descending colon, reducing the pressure on your rectal canal.

2. Be sure to breathe deeply and relax your abdomen throughout (fear or apprehension causes us to tense up). Visualize the mixture flowing in around the whole length of your colon; imagine your colon welcoming it and helping it along.

3. After the mixture is inside your colon and you’ve withdrawn the enema tube, turn to lie on your right side – so the mixture flows across the transverse colon and into the ascending colon. Then begin gently massaging the mixture around in your colon so it gets into all the folds and ridges of the intestinal wall. However, be sure to massage and stroke in a counter-clockwise direction; up the left side (descending colon), across the top (transverse colon) from left to right, and down the right side (ascending colon) towards the ileocecal valve and the small intestine. You massage in this direction because you don’t want to cause a bowel movement, you want to prevent one, by massaging away from the rectum, not towards it.

4. The point of an implant enema is to hold the mixture inside your colon for as long as possible - ideally until all the liquid has been absorbed. Therefore, it’s best if you can stay lying down with your bum raised on the pillows for as long as possible. You may also want to lie first on your right side for half an hour, then on your back for half an hour, then on your left side for half an hour, allowing the mixture to saturate the different parts of your colon.

The first time I tried this enema, I was able to hold it in for one hour, the next time, an hour and a half. By the fourth time, I could hold it till all the liquid was absorbed and then didn’t have a bowel movement until three hours later. If you’re bleeding from your colon, it’s best if you can do this enema once (or even twice) a day. Once the bleeding stops, do it every second day for a week, then every third day for another week,
then once a week for a month. If you find your anus/rectum getting sore from the tube then you may want to discontinue, or administer it less. Again, it’s your body; do what you feel is best in your particular condition.

I know there’s been a fair amount of controversy in the popular media regarding Comfrey being harmful to the liver. With all due respect, this appears to me to be another example of a pharmaceutical/medical-backed hysteria over a product that’s shown itself to be very safe over thousands of years of use. Why isn’t the media trumpeting the 7,000 deaths in the U.S. from Aspirin every year and demanding its use be discontinued? Always look for the financial motivation.

I have consulted several respected naturopaths and herbalists and the consensus is that Comfrey taken internally in this manner is safe as long as it’s not continued long-term. Therefore, don’t use Jini’s Healing Implant Enema for longer than six months at a time. You can use it for six months, take a break of a month or two to allow your liver to cleanse and then you can resume usage. Obviously, it’s highly unlikely that anyone is going to administer daily enemas for six months continuously anyway! However, if you still have reservations about using the Comfrey powder, you can replace it with 1 tsp. Plantain powder and 1 tsp. Calendula powder.

### WHICH SUPPLEMENTS & WHY?

The supplements you’ll need to facilitate whole-body healing are listed below and the amounts are given for each. Following this list is a detailed description of each recommended supplement and how exactly they will benefit your immune system and digestive tract. I’ve given recommendations for good quality brands of each recommended supplement to make your shopping easier. However, please keep in mind that companies change their formulas, or can be bought up by less scrupulous companies and these formulas and standards of quality can change. So, at all times, double-check that the brand does indeed contain the form and amount of supplement recommended – or visit my Health Shoppe to see which brands I recommend.
As a general guideline, for children aged 2 - 6, administer 1/4 of the recommended adult dose. For children aged 7 - 12, administer 1/2 the recommended adult dose. If you’re unsure, consult your naturopathic physician.

I have not included Vitamin D3 on this list, since it is difficult to specify a correct dosage without testing your existing Vitamin D levels. However, vitamin D3 (cholecalciferol) is vitally important to healing IBD and so you must take a daily vitamin D3 supplement. If you don’t want to have your vitamin D levels tested, then take at least 2,000 IU of vitamin D3 per day. You can just chew the capsule along with some fish oil (the lemon-flavored fish oil capsules mask the taste of both very effectively), once per day. Since I am half Indian (darker skin) and live in a rainy climate, I take 4,000 IU per day ongoing.

Consume these supplements for as long as you’re drinking the
shakes on the elemental diet. Even after you’ve completed the IBD Remission Diet, you may want to continue taking one shake a day with added supplements (see Recipe section for details) to maintain your health and support immune function. It is vital that you simultaneously begin high dose probiotic supplementation at this time as well. And you may also need to be taking wild oregano oil (to kill pathogens). I have included extensive instructions for wild oregano oil usage and dosage in Chapter Six as there is too much information to include here.

If you’re NOT using Absorb Plus, you also need to add to each shake:

- Mixed Tocopherols Vitamin E, containing alpha, beta, delta, gamma tocopherols (total 400 IU per day)
- L-Glutamine (total approximately 6 grams per day – add 1 gram per shake)
- Vitamin B complex (total 30 - 50 mg per day)
- High quality multi-vitamin (1 capsule per shake)
- High quality multi-mineral (1 capsule per shake)

NOTE: Aloe vera, MucosaHeal and wild oregano oil can all be taken at the same time, if desired. But none of them can be taken with probiotics. Probiotics must be ingested 2 hours away from each of these supplements. Hence you may want to mix your probiotics into your shakes and then take these supplements between shakes or at

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**SUPPLEMENTATION PLAN**

**Between Shakes (on an empty stomach):**

- George’s Roadrunner Aloe Vera Juice (1/4 cup, 3 times/day while bleeding, otherwise, 1/4 cup before bed)
- MucosaHeal – contains licorice, slippery elm, marshmallow, n-acetyl glucosamine and L-glutamine. Take 2 capsules, 3 times/day while bleeding, otherwise, just take 3 capsules before bed. Can be mixed with clear apple juice if you can’t swallow pills. See Appendix A for order details.
- Wild Oregano Oil – if needed to kill pathogens. See Chapter Six.

NOTE: Aloe vera, MucosaHeal and wild oregano oil can all be taken at the same time, if desired. But none of them can be taken with probiotics. Probiotics must be ingested 2 hours away from each of these supplements. Hence you may want to mix your probiotics into your shakes and then take these supplements between shakes or at
the beginning and end of the day. Some people also find they need to
take chewable digestive enzymes before each shake - especially if you
experience nausea, bloating or extreme diarrhea.

Now that you know what supplements you need to put in each
shake (or take between shakes), let me explain why:

**Coenzyme Q10**
A powerful antioxidant, CoQ10 protects the heart and liver and is vital
for many bodily functions. Since the liver is the main detoxification
organ of the body, protecting and assisting the liver will also minimize
damage to all body tissues. CoQ10 also aids circulation, increases
tissue oxygenation and balances the immune system. It also counters
histamine, so is beneficial for people with allergies or asthma. Japanese
research has shown that CoQ10 protects the stomach lining and
duodenum. Look for CoQ10 that is bright yellow to orange in color and
keep it away from heat and light.

**Pycnogenol**
Pycnogenol is an oligomeric proanthocyanidin (OPC), produced from
the French maritime pine tree. Grape seed extract is also an OPC and so
can be used instead of Pycnogenol if you prefer (it’s usually cheaper).
OPCs are potent antioxidants that are able to cross the blood-brain
barrier, therefore they can protect the brain and spinal nerves from
free radical damage. They also protect the liver, strengthen and repair
connective tissue and support the immune system. In addition, they
reduce histamine production, benefitting those with allergies and other
inflammatory responses.

**Vitamin C**
An antioxidant required for at least 300 different metabolic functions
in the body, including adrenal gland function, tissue growth and repair,
protection against infection, and cancer prevention. Literally hundreds
of clinical (including double-blind and placebo controlled) studies have
been done on Vitamin C to determine its safety and efficacy. It is one of
the most beneficial substances you can take for your immune system.

In one particularly memorable trial, researchers gave 60 patients
SUPPLEMENTATION PLAN

with Polio intramuscular Vitamin C shots (1-2 grams every 2-4 hours, depending on the age of the patient, for the first 24 hours, then 1-2 grams every 6 hours for the next 48 hours) and within 72 hours every single one of them was diagnosed “clinically well”. If a drug could accomplish what Vitamin C does for our bodies, it would be all over the media, every doctor would prescribe it, and it would be part of nearly every hospital visit. Alas, as it’s a natural, non-patentable substance, there’s no exclusive, economic reward for promoting Vitamin C and, more importantly, its widespread use would cause billions of dollars in lost revenue for drugs and vaccines.

Vitamin C in its common ascorbic acid form causes diarrhea. Therefore, make sure you get a Vitamin C powder in mineral ascorbate form (e.g. calcium ascorbate, magnesium ascorbate, etc.). High doses of magnesium can also cause diarrhea so get a higher proportion of calcium ascorbate if the two are mixed, or just get Vitamin C in calcium ascorbate form). The mineral ascorbate form is also preferable as it’s more readily absorbed - ascorbic acid has to first be converted to mineral ascorbates by the body prior to absorption.

Another delicious way to get your daily Vitamin C in mineral ascorbate form (for ongoing use) is by using Emergen-C (by Alacer Corp.) handy single-serving packets naturally flavored in your choice of tangerine, cranberry, raspberry, lemon-lime, etc. It is also compatible with an elemental diet. Emergen-C is a common product in any health store or see Appendix A for order details.

Iron

The absolute best iron supplements I have ever found are Angstrom Iron with Vitamin C and Ferrasorb by Thorne Research Inc. Ferrasorb has different formulas for Canada and the US. I’ve tried both and if you can, get the formula produced for Canada (containing Iron Citrate) as I find it a bit gentler on the stomach and very bland-tasting so it’s easy to mix in your shakes without altering the taste. If you get the US formula (containing Iron Picolinate) then you may want to just swallow it on its own before drinking your shake. 2 - 3 capsules per day (25 mg each) in divided doses (i.e. take one capsule in the morning, the other mid-afternoon, the third in the evening) should be sufficient to address even
severe anemia. If you’re mild to moderately anemic, take 1 - 2 capsules per day (in divided doses, if taking 2 or more per day).

For the Angstrom iron, it’s best if you take this between shakes (up to 1 tbsp. per day) followed by a glass of water. It tastes only faintly of iron, but mostly just like metallic water. Nanoparticle or angstrom-sized iron is especially exciting for people with gut disorders, since normal iron is quite irritating to the gut and can trigger intestinal bleeding and/or result in constipation. However, due to its extremely tiny particle size (smaller than DNA) angstrom iron does not need to be digested, it is instantly absorbed into the bloodstream.

Previously, with conventional iron supplements, I advised quite a multi-step process in my book *Listen To Your Gut* for taking iron in order to boost absorption and guard against adverse effects. Most of that becomes unnecessary with angstrom or nanoparticle-sized iron, since it does not require digestion and therefore does not irritate the GI tract. As long as you take angstrom iron with plenty of water, there does not seem to be any ill effects.

We have been testing the Angstrom Minerals Iron Plus Vitamin C over at JPT Wellness Circle for over two years. Even people with some active bleeding have found it does not increase or trigger bleeding. Two people reported a tendency to constipation, but as soon as they began ingesting it with 4 - 8 ounces of water, the constipation disappeared.

I even tested it by taking 8x and then 16x the dose on one day – to see if a mega-dose would trigger anything. My stool turned green at the 16x dose, but that was all. In my teleseminar with pH balance expert, Maraline Krey (who prescribes a lot of nanosized minerals), she confirmed that this green color indicated my body was throwing the excess off into my stool.

If treating anemia, ideally, you should take 1 tsp. of the Angstrom Minerals Iron Plus Vitamin C in the morning and 1 tsp. in the evening, washed down with 4 - 8 ounces of water.

For severe anemia (hemoglobin less than 7 or 70), I would take 1 tsp., 3 – 4 times per day, washed down with 4 - 8 ounces of water.

If you are using it for maintenance, then I would think 1 tsp. every other day (or even just twice a week) should be sufficient.
Bioflavonoids
Bioflavonoids (including Rutin, Hesperidin and Quercetin) are plant compounds that act synergistically with Vitamin C to strengthen vein and capillary walls so they don’t tear and bleed so easily. They are produced by plants to protect themselves from bacteria, parasites and cell injury. If your gums bleed when you brush your teeth, or your nose bleeds when it’s dry or you blow it forcefully, or you’re prone to anal or rectal fissures, then you definitely need to supplement with Bioflavonoids. Bioflavonoids have also been shown to reduce back and leg pain, promote circulation, treat and prevent cataracts, stimulate bile production, and lower cholesterol levels. Get a brand that contains about 50 mg each of Rutin, Hesperidin and Quercetin. If you suffer from Hay Fever, take 400 mg of Quercetin per day as Quercetin regulates histamine release from the cells and you’ll see a big improvement (if not elimination) of your allergies.

Vitamin E
Vitamin E is a great tissue healer and can reduce scarring, it maintains healthy muscles and nerves and strengthens capillary walls. It also promotes healthy hair and skin and helps prevent anemia. It is also an antioxidant and thus far has been shown to protect against 80 different diseases. Low levels of Vitamin E have been linked to both bowel and breast cancer. Some studies have shown Vitamin E to be even more protective against heart attacks than aspirin. If you’re using Absorb Plus for your elemental shake, you’re automatically getting a good daily dosage of vitamin E.

L-Glutamine
The primary nutrient for cells that line the gastrointestinal tract, L-Glutamine is essential for DNA synthesis, cell division and cell growth, which are all necessary for wound healing and tissue repair. It readily crosses the blood-brain barrier so is also essential for proper brain activity and mental function. L-Glutamine helps to maintain the proper pH level in the body (acid/alkaline balance), enhances antioxidant protection and decreases sugar cravings and the desire for alcohol. The main function we’re using it for here is to rebuild and repair the mucosal
lining of the intestine. If you’re using Absorb Plus, it automatically contains over 1 gram (1000 mg) of pharmaceutical-grade L-Glutamine per serving. Otherwise, add 1 gram per shake.

**Multi-Vitamins / Multi-Minerals**
I could write a whole book on all the myriad beneficial and vital functions all the different vitamins and minerals perform in our bodies, but as the information is already widely available I’ll leave it to you to do your own research if you want more details. The key reason I recommend high doses of vitamins and minerals during this diet is that most (if not all) people with IBD or IBS have vitamin and mineral deficiencies due to poor diet, lack of absorption, prescription drug use, etc.

Some of you may even want to go beyond what I’ve recommended and investigate megadose, intravenous vitamin and mineral therapy (talk to your naturopath for more information on this), which has a long history of beneficial action in all kinds of disease states. Minerals also have an alkalizing effect on the body (they reduce an acidic body pH level) and are therefore particularly good for people with Inflammatory Bowel Disease.

Once you’re no longer consuming 3 or more Absorb Plus shakes per day, you’ll need to supplement with a separate multi-vitamin/mineral. Nature’s Way and Eclectics Institute have good formulas. My family uses Bone Support and Minerals of Life Trace Minerals, these are in naturally-occurring nanoparticle form so can just be swallowed straight or added to water or juice.

The great thing is, you don’t need to worry about taking too much calcium when it’s in this naturally-occurring nanoparticle sized form. The calcium in Bone Support is the same size and form as the calcium you would get from green leafy vegetables. Nano-sized calcium does not behave like powdered calcium supplements, which can build up in your arteries and cause heart disease:

A report in the International Journal of Cardiology states that excess calcium (from traditional powdered calcium supplements) building up in the aorta is the “main cause of hypertension in old age.”

However, in our teleseminar, Jim Haszinger (the manufacturer of Bone
Support) said that if you somehow took too much of this naturally-occurring (not nanotech-manipulated) nano-sized calcium, your body would just excrete it – the same way it would if you ate too much kale – because it is in the same form. So this is really good news for people with osteoporosis, or people who are taking steroid drugs, or other medication that puts you at risk of osteoporosis – because you can supplement at higher levels without fear of heart disease.

I use the cap on the bottle for easy measurement and one capful of Bone Support equals 2.5 teaspoons. The taste is very much like water – it has the least detectable taste of all the nanoparticle minerals that I recommend.

For osteoporosis: Jim Haszinger – the creator of Bone Support – recommends 1 tbsp., 2-3x/day for 3 months if you are suffering from osteoporosis, then get re-tested. Also, you may want to take 1 tbsp. of the Miracle of Life Trace Minerals each day (contains 90+ trace minerals). And don’t forget your daily Vitamin D3 – also crucial for bone formation.

For regular users: 1 tablespoon of Bone Support per day is recommended. I take 2 capfuls per day and my 2 older kids (aged 8 & 11) take 1 capful – because they don’t eat/drink a lot of raw milk. My youngest child (aged 5), who consumes a lot of raw milk and raw cheese, only has 1 capful every 3-4 days..

You can take it straight, or mix it in any liquid, but we take it after we’ve brushed our teeth and swish it around our teeth for as long as we can and then swallow – you might as well protect your teeth at the same time! We also take 1 capful of the Minerals of Life Trace Minerals per day – these contain the trace minerals that used to be present in our soil before monoculture and pesticide farming practices stripped the soil of nutrients.

Once you’ve supplemented regularly for 1 year, begin cycling your vitamin/mineral use with one month on and a week or two off. I recommend this because I believe the body’s homeostatic mechanism will cause it to adjust to any substance taken long-term and the substance then won’t be as effective. Therefore, if you cycle on and off and don’t take anything continuously or long-term, you’ll derive maximum benefit from those substances. However, if the majority of
your food (especially fruits and vegetables) is not certified organic, then you may want to take a multi-vitamin/mineral every day to ensure you’re at least getting the minimum requirements.

**Vitamin B Complex**
B-Complex vitamins are especially helpful for people with gastrointestinal problems as they are key players in the synthesis and repair of the mucosal lining and intestinal wall. B vitamins are also well-known for their ability to reduce muscle spasms, aid in red blood cell production, assist in the digestion and metabolism of fat, protein and carbohydrates and support the adrenal gland, thereby increasing the body’s resistance to stress. Absorb Plus contains the entire B-Complex (including B12) in each serving, so if you’re using Absorb Plus for your shakes you don’t need to add additional B vitamins. Another key vitamin involved in the mucosal lining of the intestine is Vitamin A and Absorb Plus contains good levels of Vitamin A – in Beta Carotene form – per serving. Again, when you begin to taper off the diet and are consuming less than 3 Absorb Plus shakes per day, make sure you start supplementing with a multi-vitamin that has good levels of the A and B vitamins (at least 10 - 50 mg of each B vitamin and 5,000 IU of Beta Carotene Vitamin A)

**Aloe Vera Juice**
I have specified a particular brand of aloe vera juice here – George’s “Always Active” Aloe Vera Juice – because none of the other aloe vera juice products I’ve seen match this formula. Other brands may claim to be superior to George’s Roadrunner brand because they contain higher levels of certain active ingredients. However, these active ingredients, whilst beneficial in some ways, also cause diarrhea and other intestinal problems. So please, do NOT substitute another brand of aloe vera juice. George’s Roadrunner works extremely well for people with IBD/IBS with no undesirable side effects. It is excellent for stopping intestinal bleeding and healing wounds and ulcers. Aloe vera also combats viral and bacterial infection. See Appendix A for order details for George’s Roadrunner Aloe Vera Juice if it’s not available in your local health store.
MucosaHeal
This is a fantastic product (that I formulated!), which needs to be taken on an empty stomach. As you can see from the description of ingredients below, it is wonderful for healing the gastro-intestinal tract and restoring the mucosal lining. Follow the instructions on the bottle as the dosage varies according to whether you’re experiencing active bleeding and inflammation, or not. MucosaHeal contains therapeutic levels of:

- **Deglycyrrhizinated Licorice** - reduces muscle spasms, promotes adrenal gland function, soothes inflammation and fights bacterial, viral and parasitic infection. Increases the number of mucus-secreting cells in the intestine, which improves the quality of the mucosal lining, lengthens intestinal cell life and enhances microcirculation in the gastrointestinal tract.

- **Slippery Elm** - good for diarrhea and ulcers when taken internally. Soothes inflamed mucous membranes of the stomach, intestines and urinary tract.

- **Marshmallow** - soothes and heals mucous membranes, skin and other tissues. Aids the body in expelling excess mucus and fluid.

- **N-Acetyl Glucosamine (NAG)** - an amino sugar that forms the basis of complex molecular structures that are key parts of the connective tissue and mucous membranes of the body - tendons, ligaments, cartilage, bone matrix, skin, synovial (joint) fluid, and intestinal lining. To maintain healthy absorption and digestion of food, the body needs a healthy mucosal lining to lubricate and protect the digestive tract. To keep this lining healthy the body uses the natural amino acids and sugars L-Glutamine and N-Acetyl Glucosamine. It is also an immune system modulator with anti-tumor properties.

Some of the supplements outlined above are automatically contained in Absorb Plus, therefore, for most of you, here’s what your daily elemental shakes are going to be comprised of:
# IBD Remission Diet Shake Recipe with Supplements

- Pour one cup (8 oz) of cold or room-temperature spring or filtered water into a blender
- Add 1 serving of Absorb Plus (100 grams/4 level scoops)
- Add 1 tsp. - 1 tbsp. of organic flax or Udo’s oil (according to tolerance, to a total maximum of 8 tablespoons per day)
- Add these supplements (open the capsules and add contents to shake):
  - Alternate Coenzyme Q10 (30 mg per shake) with Pycnogenol or grape seed extract (30 - 50 mg per shake) i.e. put CoQ10 in one shake, then Pycnogenol in the next and so on. To a combined maximum of 400 mg per day.
  - Vitamin C in mineral ascorbate (calcium ascorbate, magnesium ascorbate etc.) form (1000 mg per shake, to a maximum of 10,000 mg per day – reduce if bowel movements become too explosive).
  - Iron - if anemic (1 capsule/25 mg 1-2 times per day, ferrous citrate is the best form of iron). Or, if using Angstrom Iron, take it between shakes with water, if possible. If that’s too difficult, then just add the Angstrom Iron to the shakes in the desired dosage (1 tsp., 1 - 3x/day depending on severity of anemia).
  - Mixed Bioflavonoids containing approx. 50 mg each of Rutin, Quercetin, Hesperidin (1 capsule per shake to a maximum of 6 capsules per day).
- Whip on low speed for 10 - 15 seconds
- You can now add your probiotics at this time, if you wish, by hand-mixing them with a spoon into ¼ cup of the finished shake mixture, until it’s a smooth paste, then adding it back to the whole shake and mixing with a spoon – do not use a blender with probiotics as it will damage the bacteria.
- Pour into a glass over ice and drink through a straw (or drink at room temperature, if you prefer).
SUPPLEMENTATION PLAN

Figure out how many shakes per day you need to consume to meet your caloric needs (see Chapter Two) and together with the following broth and jello recipes, you’re ready to begin the IBD Remission Diet!

There are approximately ten servings/shakes in each 1 kg (2.2 lbs) tub of Absorb Plus, so figure out how many shakes per day you’re going to consume before you start the IBD Remission Diet and make sure you order enough Absorb Plus to see you through or at least cover you till the next delivery (the product is only available through direct order via a toll-free number or Internet). This is also a good idea because the company may offer bulk discounts, but it will also be cheaper on the shipping costs to order in bulk – especially if you live outside the U.S.

Okay, now let’s move on to the yummy broth, shake and jello recipes that you can use whilst on the Diet.

TAKE ACTION

Make a list here of the different supplements you need to purchase before beginning the IBD Remission Diet. You need to include supplements that go in the shakes, supplements that you take between shakes, and suppositories (if you need them to heal fissures or fistulas):

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The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.

Thomas Edison
I have included recipes for broths, shakes and jello, to give you as much taste variety as is possible on an elemental diet. The bone broths provide key healing nutrients, the shake recipes help you combine flavors to get a greater variety (e.g. Choco-Berry, or a reduced chocolate shake so people with a chocolate sensitivity can still enjoy a chocolatey version) and the natural jello gives you a welcome textural alternative to just liquids.

The vegetable and bone broths are for you to consume between shakes to provide key added nutrients and taste variety. If you just consume sweet tastes all day (the shakes), your appetite won’t be very stimulated and you may find it difficult to drink the number of shakes you need each day, or to stick with the diet for any length of time. Alternating with a ‘salty’ taste stimulates the appetite and makes you ready for the next sweet shake. A bowl of broth contains minimal calories so you can eat as much as you like. The taste of these broths is superb and you’ll probably find yourself continuing to use them even after you finish the diet.

If you don’t want to make broth from scratch, you can buy it in cans or cartons. Just make sure the broths are clear, all-natural, and certified organic. However, know that unless you buy them from a shop where you can get details on how they are made, and the cold broth is a jelly-like consistency, they will not have the same health benefits and healing abilities of homemade broth. A better option would be to pay someone to make the broths for you – according to the recipes given – or have a family member or friend do it. Don’t feel guilty asking for help! Allow people to express their love and caring for you in this way.

The dieticians I’ve talked to maintain that broths are pretty much empty calories. However, my intuitive feeling (and feedback from readers) was always that broths made from scratch are very nutritious and healing. My intuition and body have always told me they’re very sustaining and constitutional, and they are also traditionally revered in numerous cultures. I once received a letter from a reader telling me how the beef broth “saved her life” when she was recovering from severe haemorrhaging and malnutrition. Well, it turns out there is a solid scientific basis behind our body wisdom…
WHAT’S IN THE BONES?

Traditional cultures all over the world – from Jewish to Asian – have always used homemade broths as an integral part of their diet. Sally Fallon and Mary Enig, PhD, have written a fantastic cookbook based on traditional/primitive food preparation techniques, called Nourishing Traditions. Once you’re back on solid foods and no longer experiencing any symptoms, you should pick up a copy of this cookbook and begin incorporating these healthy foods into your diet. However, whatever stage of healing you’re at, you can most certainly benefit tremendously from homemade broths. As Sally Fallon writes in her article Broth is Beautiful:

“Thus, broth is a vital element in Asian cuisines–from the soothing long-simmered beef broth in Korean soups to the foxy fish broth with which the Japanese begin their day. Genuine Chinese food cannot exist without the stockpot that bubbles perpetually. Bones and scraps are thrown in and mineral-rich stock is removed to moisten stir-frys. Broth-based soups are snack foods from Thailand to Manchuria.

Asian restaurants in the US are likely to take shortcuts and use a powdered base for sweet and sour soup or kung pao chicken but in Japan and China and Korea and Thailand, mom-and-pop businesses make broth in steamy back rooms and sell it as soup in store fronts and on street corners.”

Now, to be honest, the recipes for broths in Nourishing Traditions are actually better than mine – because they call for more bones in the pot and nourishing items like chicken feet and fish heads (assist the thyroid), but this can also call for a more mature palate. So I have kept my broths simpler and more for the newbie palate (and children) with just normal chicken bones and beef bones. I get you to add vinegar to draw out the minerals from these bones. I like to use Bragg’s Apple Cider Vinegar (although you can use any brand as long as it’s unpasteurized and contains ‘the Mother’ as stated on the label, and the vinegar will appear a bit cloudy) and you don’t have to worry about the acidity because
the vinegar is boiled off in the cooking. As Sally Fallon points out in her Broth is Beautiful article:

“Peasant societies still make broth. It is a necessity in cultures that do not use milk because only stock made from bones and dairy products provides calcium in a form that the body can easily assimilate. It is also a necessity when meat is a luxury item, because gelatin in properly made broth helps the body use protein in an efficient way.

The French were the leaders in gelatin research, which continued up to the 1950s. Gelatin was found to be useful in the treatment of a long list of diseases including peptic ulcers, tuberculosis, diabetes, muscle diseases, infectious diseases, jaundice and cancer. Babies had fewer digestive problems when gelatin was added to their milk. The American researcher Francis Pottenger pointed out that as gelatin is a hydrophilic colloid, which means that it attracts and holds liquids, it facilitates digestion by attracting digestive juices to food in the gut.

Science validates what our grandmothers knew. Rich homemade chicken broths help cure colds. Stock contains minerals in a form the body can absorb easily – not just calcium but also magnesium, phosphorus, silicon, sulphur and trace minerals. It contains the broken down material from cartilage and tendons – stuff like chondroitin sulphates and glucosamine, now sold as expensive supplements for arthritis and joint pain.

Fish stock, according to traditional lore, helps boys grow up into strong men, makes childbirth easy and cures fatigue. “Fish broth will cure anything,” is another South American proverb. Broth and soup made with fishheads and carcasses provide iodine and thyroid-strengthening substances.

When broth is cooled, it congeals due to the presence of gelatin. The use of gelatin as a therapeutic agent goes back to the ancient Chinese. Gelatin was probably the first functional food, dating from the invention of the “digestor” by the Frenchman Papin in 1682. Papin’s digestor consisted of an apparatus for cooking bones or meat with steam to extract the gelatin.
Just as vitamins occupy the center of the stage in nutritional investigations today, so two hundred years ago gelatin held a position in the forefront of food research. Gelatin was universally acclaimed as a most nutritious foodstuff particularly by the French, who were seeking ways to feed their armies and vast numbers of homeless in Paris and other cities. Although gelatin is not a complete protein, containing only the amino acids arginine and glycine in large amounts, it acts as a protein sparer, helping the poor stretch a few morsels of meat into a complete meal. During the siege of Paris, when vegetables and meat were scarce, a doctor named Guerard put his patients on gelatin bouillon with some added fat and they survived in good health.”

Now that you know how important and healing gelatin is, you probably realize why it’s important to make your own broth, or make sure that any broth you purchase is made with organic bones and skin only and has a jelly-like consistency. The jelly-like consistency indicates the presence of gelatin in the broth.

The Mushroom Broth recipe reminds me of the Chinese practice of boiling herbs or mushrooms to make medicinal teas. The cell walls of mushrooms contain polysaccharides in a form called beta-glucans. Beta-glucans are released from the chitin (polysaccharide that forms the skeleton of mushrooms) by cooking and the best way is to boil them into a broth. Beta-glucans have antitumor, antiviral, antibacterial, antifungal and antiparasitic actions. However, you need to eat the mushrooms while they’re fresh, so either make the broth within 3-4 days of purchase, or use dried mushrooms (drying preserves the nutrients).

Although it’s a bit of work, I do encourage you to make these broths from scratch rather than buying pre-packaged versions. If you’re very weak, get a family member or friend to make some up for you - don’t hesitate to ask for help! I also strongly recommend you use only certified organic meat and produce for these broths, if at all possible. Since you’re boiling down and concentrating all the meat, skin, connective tissue and bones, it’s best if you use healthy, non-toxic ingredients - especially since your own body is so vulnerable at this time. Also, try to get the finest mesh strainer you can, or line your strainer with a
cheesecloth, as this will help remove all the little bits from your broth, leaving it as clear as possible.

Following are the recipes for you to use to make your chicken, mushroom, steak, beef and veggie broths whilst on the elemental diet. You don’t need to make every single one, just choose the ones that appeal to your palate; but make sure you consume at least one bone broth on a regular basis throughout the Diet.

Note: For the bone broths, I have instructed you to boil these for 5 – 7 hours for ease of cooking, but you can actually leave these to simmer for 12 – 24 hours and it results in a richer and more flavorful broth. I have also instructed you to add salt to the broths for taste, but of course you can leave the salt out, or reduce the amount, as needed.

**Roasted Chicken Broth**

- 1 whole certified organic or entirely free range chicken (or 2 - 3 pounds of bony chicken parts, like necks, backs, thighs, breastbone, wings)
- 6 cups of filtered or spring water
- 1 tsp. Himalayan or sea salt
- 2 tbsp. Bragg’s Apple Cider Vinegar
- 2 carrots, peeled and cut into chunks
- 3 stalks of celery, cut into 2 inch pieces
- 1 tsp. dried basil
- 1 tsp. dried oregano

1. Rinse chicken inside and out with cold water and remove any giblets or organs that have been placed inside the rib cavity (do not use these, although you can throw the neck into the pan with the chicken if that’s included). Place chicken (or chicken parts) in a roasting pan and sprinkle 1 tsp. of basil and 1 tsp. oregano on top. Add 1 cup of spring or filtered water (no tap water). Preheat oven to 350° F, cover pan and cook for one and a half hours.

2. Take the pan out of the oven and cut away as much of the meat as you wish. Refrigerate and use the meat for meals for the rest of your family and/or divide into desired portion sizes and freeze in zip-lock plastic bags for later use (allow chicken to cool down before sealing in plastic bags – I like to wrap my chicken in wax paper first, to
prevent chemicals from being transmitted from the plastic, then seal in the plastic bag).

3. Cut and mash up the remaining chicken parts, skin and bones and transfer to a large saucepan or stock pot, add 6 more cups of spring or filtered water, carrots, celery, 1 tsp. sea salt, 2 tbsp. Bragg’s Apple Cider Vinegar and mix well. Bring to a boil for 20 minutes, skim off any scum, lower heat and simmer, covered, for another 5 - 7 hours. TIP: You’ll need a high heat to bring the pan to boiling, but then, since the lid is left on, it can simmer away on a very low heat for the remaining time.

4. Remove pan from stovetop, mix well and then pour contents through a fine strainer into a large bowl (throw out chicken remnants). Place this large bowl uncovered in the fridge for about 12 - 24 hours, or until broth has become jelly-like and the fat has risen and solidified, or thickened, on top.

5. Skim most of the fat off the top of the bowl with a spoon (if you are very malnourished, or if you like the taste, you can leave some of the fat in place). Portion up the chicken soup jelly into individual servings in zip-lock plastic bags or small glass jars, label and put them in the freezer to use as needed. When you’re ready to eat some soup, stir in 1 tbsp. of unrefined organic coconut oil, or organic butter to each serving of soup. Add sea salt to taste.

Don’t worry about making too much because even when you’re back on regular food, this chicken broth is excellent as a stock for soups, sauces, risotto, etc. If, for some reason, you absolutely cannot use a certified organic chicken (or completely free range) for this broth, then follow the same procedure for a non-organic chicken but DO NOT boil the bones or skin, as directed in point 3. The bones and skin of a non-organic chicken are too toxic, so just pull off all the meat and boil that – however, you won’t receive the benefits of the gelatin, nor the minerals in the bones.

**Vegetable Broth**

- 5 cups of veggies (like organic peeled carrots, zucchini, green beans, celery, parsley, kale, chard, bok choy, sui choy and broccoli - including stalks) – do not use starchy vegetables like potatoes or
acorn/butternut squash as they will turn mushy and be very difficult to filter out of your broth.

- 6 cups of filtered or spring water  
- 1/2 tsp. Himalayan or sea salt  
  1. Wash and chop your choice of veggies. Add spring or filtered water (no tap water) and 1/2 tsp. salt. Bring to a boil for 15 minutes, skim off any scum, lower heat and simmer, covered for 1 hour. Remove from heat and pour through a fine strainer into a large bowl.  
  2. Allow broth to cool then divide up the liquid into individual servings and freeze in zip-lock plastic bags. Tastes really good on its own or mixed with Chicken or Beef broth. When you’re back eating regular food it’s also a great stock for soups or sauces. When you’re ready to eat some soup, stir in 1 tbsp. of unrefined organic coconut oil, or organic butter to each serving of soup. Add sea salt to taste if needed.

Note: The remaining vegetables can be used, if you wish, (although the nutrient level will be low) for meals for the rest of your family. For example: Spread them out in a pan and grate Cheddar and Monterey Jack cheese over the top, broil until cheese is melted and serve.

**Stovetop Chicken Broth**

If you don’t have a roasting pan, you can make the chicken broth in a large pot with a lid on the stovetop instead. The taste won’t be as nice though, as you won’t get the roasted flavor.

- 1 whole certified organic or entirely free range chicken (or 2 - 3 pounds of bony chicken parts, like necks, backs, thighs, breastbone, wings)  
- 6 cups of filtered or spring water  
- 1 tsp. Himalayan or sea salt  
- 2 tbsp. Bragg’s Apple Cider Vinegar  
- 2 carrots, peeled and cut into chunks  
- 3 stalks of celery, cut into 2 inch pieces  
  1. Rinse the chicken inside and out with cold water and remove any giblets or organs that have been placed inside the rib cavity (do not use these, although you can throw the neck into the pot with
the chicken if that’s included). Add spring or filtered water (no tap water) to a depth of one inch, around the chicken or chicken parts (i.e. you should have one inch of water in the bottom of the pot). Sprinkle top of chicken with a bit of garlic powder and salt. Cover pot with the lid, bring to a boil on high heat, then reduce heat and gently simmer covered (low, gentle boil) for one and a half to two hours. This results in a ‘pot roast’ effect for the chicken. You can tell when the chicken is fully cooked by pulling on a leg - if the leg tears away easily, then it is well done. It is not necessary to add any more water to the pot while you’re cooking the chicken, as the water level will remain the same, or increase, as juices are released from the chicken.

2. Remove the pot from heat and cut away as much of the meat as you wish. Refrigerate and use the meat for meals for the rest of your family and/or divide into desired portion sizes and freeze in zip-lock plastic bags for later use (allow chicken to cool down before sealing in plastic bags – I like to wrap my chicken in wax paper first, to prevent chemicals from being transmitted from the plastic, then seal in the plastic bag).

3. Put all the remaining chicken parts, skin and bones back in the pot with its juices, add 6 more cups of spring or filtered water, 1 tsp. sea salt, 2 tbsp. Bragg’s Apple Cider Vinegar, carrots and celery and mix well. Bring to a boil for 20 minutes, skim off any scum, lower heat and simmer, covered, for another 5 - 7 hours. TIP: You’ll need a high heat to bring the pan to boiling, but then, since the lid is left on, it can simmer away on a very low heat for the remaining time.

4. Remove pot from heat, mix well and then pour contents through a fine strainer into a large bowl (throw out chicken remnants). When cooled, place this large bowl uncovered in the fridge for about 12 - 24 hours, or until broth has become jelly-like and the fat has risen and solidified, or thickened, on top. Or, place in the freezer for only 6 hours to make removal of the fat from the top very easy.

5. Skim most of the fat off the top of the bowl with a spoon (if you are very malnourished, or if you like the taste, you can leave some of the fat in place). Portion up the chicken soup jelly into individual servings in zip-lock plastic bags or small glass jars, label and put
them in the freezer to use as needed. When you’re ready to eat some soup, stir in 1 tbsp. of unrefined organic coconut oil, or organic butter to each serving of soup. Add sea salt to taste.

Don’t worry about making too much because even when you’re back on regular food, this chicken broth is excellent as a stock for soups, sauces, etc. If, for some reason, you absolutely cannot use a certified organic chicken (or completely free range) for this broth, then follow the same procedure for a non-organic chicken but DO NOT boil the bones or skin, as directed in point 3. The bones and skin of a non-organic chicken are too toxic, so just pull off all the meat and boil that – however, you won’t receive the benefits of the gelatin, nor the minerals in the bones.

**Natural Jello**

Natural jello is a really nice alternative texture when all you’re having is liquids. This recipe also provides more gelatin to soothe the mucosal lining of your gut. Kolatin brand gelatin is a very high quality kosher gelatin with a very benign/bland taste (similar to Knox gelatin).

1. Pour 1 tablespoon of unflavored gelatin over 1/4 cup of natural, unsweetened, clear, fruit juice (preferably certified organic).
2. Add 1/4 cup boiling water and stir constantly until gelatin is completely dissolved (about 1-2 minutes).
3. Add another 1.5 cups of juice, stir and refrigerate until set.

*If you want a stiffer jelly, then add less juice.

**Mushroom Broth**

This medicinal mushroom broth is fabulous as a tonic for the immune system. Try to get a mix of certified organic mushrooms, since mushrooms tend to concentrate heavy metals (including lead) if these substances are present in the growth medium. But if none are available, then non-organic mushrooms are better than none. You can also use dried mushrooms instead of fresh if you prefer - follow instructions on the label for rehydrating and then use the same water to boil the mushrooms in. Reishi and Maitake mushrooms are also fantastic sources
of beta-glucans, so if you can find them definitely include them in your broth – use them to replace the button mushrooms. Button mushrooms don’t really have any health benefits, but I’ve included them for flavor as they’re much cheaper than the other mushrooms.

- 2 cups each of Shiitake, Oyster, Portobello, and Button mushrooms (sliced and pressed down in the measurement cup)
- 3 tablespoons organic butter
- 1/4 tsp. garlic powder
- 1 and 1/2 tsp. sea salt
- 8 cups of filtered or spring water

1. Melt the butter in a large frying pan, add the mushrooms, garlic powder and 1/2 tsp. of salt. Fry on medium high heat, stirring frequently, until mushrooms are just beginning to brown.
2. Add all 8 cups of water and 1 tsp. of salt, cover and boil the mixture gently for 40 minutes, stirring once or twice.
3. Strain broth by pouring contents of pan into a bowl through a fine sieve. Either portion up and freeze in zip-lock plastic bags (allow broth to cool first before pouring into plastic), or store in a glass jar in the fridge. Mushroom broth will stay fresh, refrigerated, for up to 5 days. You can add additional salt if you wish.
4. To reuse the mushrooms for the rest of the family, drain and cool them and then cut off the stems of the Shiitake and Oyster mushrooms (these are too tough to eat). Return them to the pan and fry for about 2 minutes with 1 tsp. butter, 1/4 tsp. salt and a little garlic. The mushrooms can then be eaten as is, or used in a pasta sauce, stir-fry or casserole, etc.

**Beef Bone Broth**

- 3 pounds grass-fed or organic beef soup bones (marrow, knuckle, ribs or neck bones)
- 5 whole celery stalks
- 1 whole onion peeled
- 1 bunch of parsley (optional)
- 8 cups of water
- 2 tbsp. Bragg’s Apple Cider Vinegar
• 1 tsp. of salt (use sea salt or Himalayan salt for better flavor and electrolytes)

1. Preheat oven to 350° F. Sprinkle beef soup bones with salt and roast, covered in the roasting pan, in the oven for 45 minutes to an hour. Cook the bones long enough so that the meat on them is done (you can also cook the bones in a large saucepan, on the stove top if desired – but the taste won’t be as good).

2. Fill a large stock pot with water up to ¾ full (or 6 - 8 cups of water), and bring to a boil. Place the cooked bones, onion, parsley, apple cider vinegar and celery in the boiling water. Boil uncovered for half an hour and remove any scum from the top. Then cover and simmer on low heat for 7 - 10 hours.

3. Remove pot from heat, mix well and then pour contents through a fine strainer into a large bowl (give bones to your dog, or neighbour’s dog). Place this large bowl uncovered in the fridge for 12 - 24 hours, or until broth has become jelly-like and the fat has risen and congealed on top.

4. Skim fat off top of bowl with a spoon. Portion up the remaining beef soup jelly into individual servings in zip-lock plastic bags or small glass jars and put them in the freezer to use as needed. Don’t worry about making too much because even when you’re back on regular food, this beef bone broth is excellent as a stock for soups, sauces, etc. When you’re ready to eat some soup, stir in 1 tsp. - 1 tbsp. of organic butter to each serving of soup. Add sea salt to taste.

**Steak Broth**

The best tasting steak broth is obtained by using certified organic Sirloin Steak, but any certified organic cut can be used. This broth is for you to use for your leftover steak after you’ve eaten the steak fat, or, for flavour variety. But keep in mind it does not contain any gelatin, nor minerals from bones - since there aren’t any bones in this recipe.

• Approximately 8 ounces (1/2 pound) organic Sirloin Steak
• 1 tbsp. organic butter
• sprinkle of garlic powder
• sprinkle of salt
• 4 cups spring or filtered water
• 1 tsp. salt

1. Sprinkle a light dusting of salt and garlic powder on one side of the steak.
2. Bring 1 tbsp. butter to bubbling in a pan on medium high heat, then place steak in the pan, seasoned side down.
3. Sprinkle the top of the steak with a light dusting of salt and garlic powder and when the underside is browned, flip the steak over and brown the other side. When browned, remove from heat.
4. Place steak on a plate and slice into thin slices (including fat and gristle), retaining all the blood and juices that are released.
5. Return everything to the frying pan and add 4 cups water and 1 tsp. salt. Cover and simmer for 1/2 hour.
6. Remove from heat, then pour through a fine strainer to catch the broth in a bowl underneath. Add salt to taste. Either consume immediately or refrigerate, or freeze broth for future use.
7. To use the cooked steak, marinate the slices in 1 tbsp. soy sauce and use in a stir-fry, or, just add salt and pepper and use in sandwiches.

**Bieler Vegetable Broth**

• 4 medium summer squash (zucchini, yellow, or summer squash only)
• 1 lb string beans, ends removed
• 2 sticks celery
• 2 bunches parsley, stems removed
• Fresh herbs, such as thyme or tarragon, tied together with a string. (optional)
• 4 cups filtered water
• Fresh whey, not powdered! (optional)

Henry Bieler recommended this broth for fasting, energy, and overall health. Bieler believed this combination of vegetables was ideal for restoring acid-alkaline and sodium-potassium balance to organs and glands, especially the adrenal glands. Normally you would eat the vegetables with the soup, but on an elemental diet, you must consume only the broth.

1. Place water, vegetables, and optional herbs in pot. Bring to a boil for
15 minutes, skim off any scum, lower heat and simmer, covered, for about 1 hour.
2. Remove from heat and pour through a fine strainer into a large bowl. You may add 1 tbsp. of liquid whey to each cup of soup. You can also add 1 tbsp. of unrefined coconut oil, or organic butter to each serving of soup. Add sea salt to taste.

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**SHAKE RECIPES**

These shake recipes will give you a bit of flavor variety while you’re on the elemental diet. Always use level scoops when measuring Absorb Plus, and don’t forget to add your supplements as well.

**Choco-Berry Shake**

Pour 1 cup (8 ounces) of cold filtered water into a blender
Add:
- 1 tsp. - 1 tbsp. organic flax or Udo’s oil (as much as you can tolerate)
- 2 scoops Absorb Plus Chocolate Royale flavor
- 2 scoops Absorb Plus Mixed Berry flavor
- Any supplements you wish to add

1. Whip on high speed for 10-15 seconds
2. Pour into a glass over ice (or consume at room temperature if you prefer – results in less gas) and drink slowly.

**Choco-Berry Shake for People with a Chocolate Sensitivity**

If chocolate tends to be hard on your system, but yet you still really love it, this reduced-chocolate shake recipe may work for you.

Pour 1 cup (8 ounces) of cold filtered water into a blender
Add:
- 1 tsp. - 1 tbsp. organic flax or Udo’s oil (as much as you can tolerate)
- 1 scoop Absorb Plus Chocolate Royale flavor
- 3 scoops Absorb Plus Mixed Berry flavor

1. Whip on high speed for 10-15 seconds
2. Pour into a glass over ice (or consume at room temperature if you prefer – results in less gas) and drink slowly.
Chocolate Shake for People with a Chocolate Sensitivity

Here’s another variation for people who love chocolate, but don’t tolerate it well.
Pour 1 cup (8 ounces) of cold filtered water into a blender
Add:
• 1 tsp. - 1 tbsp. organic flax or Udo’s oil (as much as you can tolerate)
• 1 scoop Absorb Plus Chocolate Royale flavor
• 3 scoops Absorb Plus French Vanilla flavor

1. Whip on high speed for 10-15 seconds
2. Pour into a glass over ice (or consume at room temperature if you prefer – results in less gas) and drink slowly.

MAINTENANCE DIET SHAKES

The following shake recipes are for you to use after you’ve finished the elemental diet and are eating regular food. For added health and nutritional support, you may want to take one shake per day, or three a week, or just whenever you feel you need it:

JPT Immune Support Shake

For vitamins in capsule form, open or puncture capsule and empty contents into shake, discard empty capsule shell.
Pour 1 cup (8 ounces) of cold filtered water, or almond milk, or raw (unpasteurized) milk into a blender
Add:
• 1 tsp. - 1 tbsp. organic flax or Udo’s oil (as much as you can tolerate)
• 4 scoops Absorb Plus (whichever flavor you prefer)
• 1 capsule of mixed 50 mg B-complex vitamins (note: B vitamins are quite strong-tasting, so you may wish to swallow this capsule separately)
• 1000 mg Vitamin C powder in Mineral Ascorbate form only (e.g. Preferably as Calcium Ascorbate)
• 400 IU capsule of mixed tocopherols Vitamin E (alpha, beta, delta, gamma tocopherols)
• 1 capsule of CoQ10, 60 - 120 mg
Custom-Make Your Shake

Here is another shake for you to use once you’ve finished the elemental diet and are eating normal food again. You may still wish to take one shake a day (or 3 times per week) for added nutritional and health support. Perhaps you have some other health concerns that require specific supplements and this is a great, easily absorbed way to take them. For vitamins in capsule form, open or puncture capsule and empty contents into shake, discard empty capsule shell. Do not add ‘greens’ products (spirulina, algae, wheatgrass, etc) to this shake, as it will ruin the taste (unless you like the greens taste, or only add 1 tsp. to minimize the taste).

Add:
- 1 tsp. - 1 tbsp. organic flax or Udo’s oil (as much as you can tolerate)
- 4 scoops Absorb Plus (your favorite flavor)
- 1 - 2 capsules of your regular multi-vitamin/multi-mineral
- Any other supplements you want to add (eg. anti-oxidants, ginkgo, ginseng, triphala, etc.)
- ½ banana, or ½ cup of blueberries, strawberries, mango or papaya (optional)
- 150 – 250 mg magnesium citrate (ONLY if you tend towards constipation – otherwise, leave out)

1. Whip on high speed for 10-15 seconds
2. Pour into a glass over ice (or consume at room temperature if you prefer – results in less gas) and drink slowly.
TAKE ACTION

Make your grocery list here for the broths and jello you want to make. Depending on how long you’re going to be on the Diet, you may want to make up numerous batches of each broth in advance, as it’s easier to just make more, all at once, than one batch at a time. Also, do you have all the pots and pans you’ll need? Don’t forget to put freezer-safe Ziplock bags on your list if you don’t have them to hand (or you can use glass jars to freeze the broths in):
We tend to see our own experiences as the normal process, so we are often amazed that anyone could have taken a different path. But when we do meet up, it’s always fascinating to compare notes about the different ways to get there.

Daniel Gilly
Once you’ve been on the strictly elemental diet for the required period of time (see Chapter Two), you can then begin to introduce solid foods to your diet again. This is a good time to thoroughly test for possible allergic reactions or food intolerances. If you’re not concerned about that, then you can introduce foods faster, or in groups, rather than one at a time. However, as most people with IBD/IBS have food intolerances, I’m going to give detailed instructions on food re-introduction and allergy/intolerance testing in this section.

**UNDESIRABLE REACTIONS**

After you’ve cleared most or all of your symptoms on the elemental diet, you can then re-introduce regular foods, one food at a time, and check for any abnormal reactions. Reacting in these ways to consuming a food shows that your body has either an allergy or intolerance to that food. These reactions can lessen or even disappear as your health improves over time, but it’s good to keep them in mind as during times of stress they’ll likely resurface and you’ll want to avoid or minimize these foods again. Undesirable reactions to watch for include:

- increased mucus production, abdominal pain, gallbladder pain
- itchy tongue or skin, swelling, redness, bumps, rash, hives
- bloating/gas, cramps, angina, asthma, depression
- heartburn, indigestion (vomiting, gas, nausea)
- shortness of breath, fuzzy head or a drugged feeling, sleepiness, dizzy, etc.
- abnormal tiredness, irritability, neuralgia (nerve pain),
- headache, joint/muscle pain, canker sores, haemorrhoids, sinusitis
- any blood mixed in with or accompanying stool. Blood from the colon or rectum will be red. Blood from the small intestine will turn the stool dark green or black (as can iron therapy/supplements, so don’t confuse the two). If you only have a bit of blood on the toilet paper when you wipe your bum, it’s probably from a minor anal or rectal fissure/wound so don’t worry about it.

Once you’ve been eating completely solid food for a minimum of two
weeks, you can also check for these undesirable reactions:

- undigested particles of the test food in the stool or toilet bowl
- watery, slimy, or acidic stool
- increased diarrhea

It doesn’t make any sense to monitor for these three reactions while you’re still consuming the elemental shakes, as the liquid shakes themselves can cause these same reactions for the following reasons: Firstly, consuming elemental shakes results in liquid fecal matter and liquid fecal matter results in more urgent, liquid bowel movements (diarrhea). The urgency of the liquid bowel movement also speeds up the transit time of the stool through the colon, leaving less time for the water to be re-absorbed and less time for digestion to take place - resulting in more undigested particles and watery stool.

Also, it’s good to keep in mind that people with completely normal bowel function have undigested food particles in their stool too. If stool is formed and solid, the food particles are not noticeable, but they’re still there. My husband has a completely healthy digestive system and he will sometimes see bits of vegetables, corn, salad, etc. in certain bowel movements (but only because I’ve asked him to look, he never noticed these things before).

My boys also have very healthy bowels and when they were young and would poop in the toilet I couldn’t see anything in their stool. However, when they pooped in their diaper (my boys refused to defecate in the toilet until 3 and 4 years old!) and the stool got all mushed up, I could see all kinds of undigested food particles; flax seeds, mushrooms that weren’t chewed up, red pepper rinds, etc. Which reminds me: remember that digestion begins with enzymes in your saliva, so be sure to chew your food really well - ideally don’t swallow the mouthful until the whole mouthful is smooth mush. Chewing your food really well will also reduce the amount of undigested food particles in your stool.

The following Food Re-Introduction Chart gives you a detailed plan of the order in which to introduce and test foods/beverages. The foods are divided up into four progressive phases and each phase has progressive subcategories of foods from A to E. Therefore, you would
start with a food from category A in Phase 1. After you’ve tested all the foods in category A, you would move on to category B in Phase 1, and so on.

When you get to the end of all the foods in Phase 1, it’s a good idea to stay with just those foods for one to three weeks to allow your body to stabilize and establish a good foundation. Next, you start introducing the foods in Phase 2, and again, you start with a food from category A. Continue on in this manner until you get to the end of Phase 4. There are spices, oils and sweeteners listed throughout the different phases. If you feel a substance would be okay for you to try earlier, then go ahead.

When re-introducing foods after being solely on the IBD Remission Diet, you start with the most easily tolerated foods first, in their most easily digestible form. For example, the first food you try from Phase 1, category A may be carrots. So you would cook them well (don’t try vegetables raw until the end of Phase 4) and then mash or puree them to begin with, or just chew each mouthful really, really well. You may eat only carrots once or twice a day, while continuing with the elemental diet, for 2 - 3 days before classifying carrots as “safe”. Or you may choose to trial test a different food each day, until you’re up to seven foods and then eat only those seven foods for another week to be sure.

There are many ways and combinations of introducing and testing foods; use your intuition to determine the right pace of food re-introduction for you. If you’re unsure, just introduce one new food each day. Just remember to keep taking the elemental diet shakes (with all the supplements added) until you’re on enough solid food to make up your required daily calorie count. It’s extremely helpful during this time to keep a Food Diary (I provide one below) of exactly what you eat, time of day, the way you feel physically, the way you feel emotionally, number and type of bowel movements, any undesirable reactions, etc.

You’ll notice that wheat, dairy, potatoes and corn are not introduced until Phase 3 and 4. This is because they are the most common food allergens for people with IBD/IBS. In a clinical trial, thirty-three Crohn’s patients were first put on TPN (Total Parenteral Nutrition - liquid nutrients given intravenously) to clear their symptoms. The researchers then gradually reintroduced one food per day to determine which foods were tolerated and which triggered a return of symptoms. Wheat was
the highest offender (69%), then dairy products (48%), followed by yeast (31%), corn (24%) and potato (17%). If you suspect an allergy or intolerance to one or more of these foods, you may want to test them at the very end, after you’ve been on Phase 1 - 4 foods for a month or two.

However, if you’ve adjusted your diet to get along happily without them, then you may not want to start eating them again. Alternatively, if you feel dairy, wheat or potatoes would not be a problem for you, then feel free to test them earlier – but be really careful with wheat/gluten and pasteurized dairy. Dairy products made from cow’s milk are particularly allergenic for many people; goat’s milk or cheese is usually better tolerated as the protein is more similar to human breastmilk. Also keep in mind that about 60% of the people who are allergic to dairy are also allergic to soy. I find I can tolerate and digest raw cow’s cream, raw butter, or cheese made from raw milk very easily, but I have a very limited tolerance for pasteurized cow’s milk. This is probably because the pasteurization process destroys the natural enzymes and bacteria in the cow’s milk that facilitate digestion.

At any rate, when you’re ready to start introducing normal foods, start with the foods in Category A, from Phase 1 in the Food Reintroduction Chart. And then move on from there.
### FOOD RE-INTRODUCTION CHART

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<th>PHASE ONE</th>
<th>A</th>
<th>Squash</th>
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<tr>
<th>PHASE THREE</th>
<th>A</th>
<th>Butter lettuce</th>
<th>Cauliflower</th>
<th>Broccoli</th>
<th>Celery</th>
<th>Chives</th>
<th>Bamboo shoots</th>
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<tbody>
<tr>
<td>Spinach</td>
<td>Bok choy</td>
<td>Broccoli</td>
<td>Seaweed, Nori</td>
<td>Celery</td>
<td>Chives</td>
<td>Bamboo shoots</td>
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<tr>
<td>B</td>
<td>Kamut</td>
<td>Beef</td>
<td>Pork</td>
<td>Lamb</td>
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<tr>
<td>Sardines</td>
<td>Anchovies</td>
<td>Goose</td>
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<tr>
<td>C</td>
<td>Peanuts</td>
<td>Cashews</td>
<td>Walnuts</td>
<td>Raisins</td>
<td>Blueberries</td>
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<tr>
<td>Cranberries</td>
<td>Apricots</td>
<td>Cherries</td>
<td>Almonds</td>
<td>Nectarines</td>
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<tr>
<td>Strawberries</td>
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<tr>
<td>D</td>
<td>Mint</td>
<td>Ginger</td>
<td>Paprika</td>
<td>Turmeric</td>
<td>Lemon, Limes</td>
<td></td>
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<tr>
<td>Vanilla</td>
<td>Cinnamon</td>
<td>Saffron</td>
<td>Coconut</td>
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<tr>
<td>E</td>
<td>Daikon</td>
<td>Bay leaf</td>
<td>Mustard</td>
<td>Olives</td>
<td>Yoghurt</td>
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<tr>
<td>Kefir</td>
<td>Goat milk</td>
<td>Leeks</td>
<td>Butter</td>
<td>Goat cheese</td>
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<table>
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<th>A</th>
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<th>Turnip</th>
<th>Parsnip</th>
<th>Potatoes</th>
<th>Tomatoes</th>
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<tr>
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<td>Onions</td>
<td>Parsnip</td>
<td>Brussel sprouts</td>
<td>Potatoes</td>
<td>Tomatoes</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>Beans</td>
<td>Lentils</td>
<td>Beets</td>
<td>Cabbage</td>
<td>Chard, Kale</td>
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<tr>
<td>Kohlrabi</td>
<td>Rhubarb</td>
<td>Corn</td>
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<tr>
<td>C</td>
<td>Wheat</td>
<td>Cous-cous</td>
<td>Plantain</td>
<td>Blackberries</td>
<td>Figs, Dates</td>
<td></td>
</tr>
<tr>
<td>Oranges</td>
<td>Grapefruit</td>
<td>Raspberries</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>D</td>
<td>Grapes</td>
<td>Pineapple</td>
<td>Prunes</td>
<td>Shrimp</td>
<td>Prawns</td>
<td></td>
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<tr>
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<td>Lobster</td>
<td></td>
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</tr>
<tr>
<td>E</td>
<td>Cornstarch</td>
<td>Vinegar</td>
<td>Lotusroot</td>
<td>Wasabi</td>
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<td>Ketchup</td>
<td>Cumin</td>
<td>Cheese</td>
<td>Cow's milk</td>
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</table>
If you’ve been on the IBD Remission Diet mainly for the purpose of wound healing, or disease remission and you’re not so concerned about testing for food allergies, then you can be a lot less structured when it comes to eating solids again. However, you may still want to use the Food Re-Introduction Chart as a general guideline. Follow the same process as outlined above, testing different foods and waiting for a reaction and gradually increasing your solid intake as you gradually decrease the number of shakes per day.

Alternatively, for a completely unstructured but relatively ‘safe’ re-introduction to food you could use the Reduce Diarrhea Diet from my *Listen To Your Gut* book - just eat the foods/beverages as advised there and avoid wheat/gluten and dairy. Once you’ve introduced all those foods, then follow the Minimize Gas & Bloating Diet (also from *Listen To Your Gut*) and then lastly, follow the Maintenance Diet outlined here in Chapter Seven.

It’s quite an undertaking to follow an elemental diet and then go through the time-consuming, systematic re-introduction of food. However, nothing will help you get to the foundation of your unique body and what works for you better than this. Some people can completely clear all their symptoms using the IBD Remission Diet, and then the food testing process will hopefully help them stay that way. Some people can achieve remission on the IBD Remission Diet, but to permanently clear their condition involves further healing using herbal supplements and other therapies presented in *Listen To Your Gut*, along with some necessary emotional healing.

**Keep A Food Diary**

It’s very helpful to keep a Food Diary. Write down exactly what you eat and drink, when, how much, and how you felt at the time. At the end of the day, critique what you ate and how you feel. Describe the type, consistency, and number of bowel movements. Write down any other observations regarding gas, pain, bloating, bleeding, cramping, etc. Also, it’s very important to note your emotional state and any disturbing or stressful situations, thoughts, or feelings that occurred. Remember that mind/body/spirit are one, and food is not the only factor that influences
your digestive system. You may want to buy a notebook and set it up something like this, or else just make copies of the Food Diary chart, and staple them together to form a booklet.

Food allergies and intolerances are not just a physical phenomenon. People with multiple personalities can go into anaphylactic shock if they consume a certain food while in one personality. But in another personality, they can eat as much of that food as they want with no adverse effect. Or, someone can develop an allergy in direct response to a traumatic event. I once read about a woman who was eating grapes at the time she was told her mother had just died in a car accident. From that moment on, she could no longer eat grapes without experiencing a severe allergic reaction.

With food intolerances, some foods are okay if you eat them once a week, for example. But if you eat them three times a week you’ll experience an adverse reaction. This is why individual testing is so important. I once consulted an MD who specialized in food allergy testing and had written a book on holistic treatment methods, and he gave me his opinion on the following allergy testing methods.

Blood allergy tests - which test for an immune response of IgE and IgG antibodies when the blood is exposed to the test food - have an accuracy rate of approximately 60-65%, in his experience. Skin allergy testing - where a minute amount of the food is inserted under the skin and then assessed for any reaction - has an accuracy rate of about 80%. The systematic re-introduction and testing of foods outlined here is the most reliable, accurate method.

However, keep in mind that some bodily reactions can take up to three days to manifest after having eaten the test food. So your pace of food re-introduction depends on how thorough you want your testing to be. If you want to be absolutely rigorous and thorough, then test one new food every three days. Most people find one new food per day sufficient to test for adverse reactions. Then, at the end of the week, you stay on just those seven foods for another whole week, just to be sure.

Also, as your health gradually improves over time by using natural healing methods that support whole-body health, you’ll find yourself no longer allergic or intolerant to the same number of foods. As your overall health improves, you’ll be able to consume a larger variety of previously
‘forbidden’ foods.

Whichever method of food re-introduction you choose; whether it’s a slow, methodical, testing for allergy method, or a quicker, less structured method, you MUST continue supplementing with probiotics (good bacteria) as you begin eating solid foods again. See the following chapter for full details on probiotic supplementation.

The Coca Pulse Test For Food Allergies

Another handy tool you can use to test whether foods are safe for you, is by monitoring your pulse, three times, at 30-minute intervals after you’ve eaten a food. If your pulse rate increases beyond its normal range, then you are likely allergic to that food.

Arthur F. Coca, MD, developed the Coca Pulse Test in the 1950’s. His wife had developed angina pectoris, which incapacitated her for three years. Two different heart specialists predicted she would die within five years. The triggering event for the angina attack was a dose of morphine, which raised her pulse over 180 beats per minute. Dr. Coca commented on the rapid pulse and Mrs. Coca commented thoughtfully that her pulse raced after certain meals.

Dr. Coca began monitoring her pulse after she ingested single foods (one food at a time). He initially found that three foods raised her pulse over 68. Potato sent her pulse over 180. Coca refined his observations and eventually came up with a list of safe foods for his wife to eat. By changing her diet to avoid these foods, she then became free of angina and a number of other afflictions including migraine, colitis, attacks of dizziness and fainting, abnormal tiredness and indigestion. Dr. Coca realized the scope of his discovery and began to use the Pulse Test in his medical practice.

Over the course of using it with hundreds of patients, Coca found that triggers for the following conditions could be detected with the use of his pulse test: recurrent headache, nervousness, migraine, dizziness, constipation, canker sores, heartburn, epilepsy, overweight, underweight, irritability, gastric ulcer, abdominal pain, gallbladder pain, gastric pain, nervous and emotional instability, abnormal tiredness, indigestion (vomiting, gas, nausea), neuralgia, sinusitis, hypertension,
hives, heart pain (angina), asthma, hemorrhoids, psychic depression, diabetes, chest pain, gastro-intestinal bleeding, conjunctivitis, nosebleeds, and colitis.

However, Coca noted that certain types of allergic response did not cause an increase in pulse rate. These included:
- the hay-fever group including asthma and eczema
- contact-dermatitis, as with poison oak and poison ivy
- allergy of infection such as tuberculin-sensitivity
- serum sickness as caused by antitoxin injection

The pulse test did, however, detect a wide range of reactions to foods and chemicals. So it would certainly be useful to use when introducing new foods at the end of the elemental diet. One caution: Since elemental shakes are rapidly absorbed to the bloodstream, they can cause your pulse to speed up. So be sure and test a new food 1 - 1.5 hours after consuming a shake, to get an accurate reading.

I have included the original ebook *The Pulse Test* by Dr. Arthur Coca in the free bonuses folder you should have received when you purchased The IBD Remission Diet, along with another ebooklet containing charts for you to use to track your foods, pulse and other reactions. So if you want to use this method of food allergy testing, you have the full range of resources needed to really understand it and carry it out properly. However, I will also give you the basic procedure here.

Your pulse is the rhythmic expansion and contraction (or throbbing) of an artery as blood is forced through it by the regular contractions of the heart. It is a measure of how hard your heart is working.

Your pulse can be felt at the wrist, neck, groin or top of the foot - areas where the arteries are close to the skin. Most commonly, people measure their pulse in their wrist. This is called the radial pulse.

**How To Measure Your Pulse**

Taking your pulse is easy. It requires no special equipment, however, a watch with a second hand or digital second counter is necessary. Be sure you are sitting down (for at least 5 minutes) and breathing normally when you take your pulse:
1. Turn the palm side of your hand facing up.
2. Place your index and middle fingers of your opposite hand on your wrist, approximately 1 inch below the base of your hand.
3. Press your fingers down in the groove between your middle tendons and your outside bone. You should feel a throbbing - your pulse.
4. Count the number of beats for 60 seconds, this will give you your heart rate, or pulse; as X beats per minute.

Another popular way to measure pulse rate is by measuring it at the neck (carotid pulse). The procedure is the same as above, however, when taking the pulse at the neck, place your fingertips gently on one side of your neck, below your jawbone and halfway between your main neck muscles and windpipe.

Coca Pulse Test Procedure

First, you need to take your pulse in the morning before you get out of bed, before each food/meal and again right before bed to determine the range of your normal pulse rate. Most people’s pulse rate does not vary more than 16 beats per minute. Once you have established the range of pulse rate that’s normal for you, you will be able to determine if your pulse rises after eating a food you are allergic to. So here’s what your day of testing would look like:

- Take your pulse before you get out of bed (to establish resting heart rate)
- Take your pulse once before you ingest each food (make sure you are sitting down)
- Take your pulse again, three times after each food, at 30-minute intervals (make sure you are sitting down, relaxed)
- Take your pulse again, just before bed (sitting or lying down)
Chapter 5

It is extremely important that you take a full one-minute pulse. Do not take a 15 second pulse and multiply it by four, as it is not accurate enough for this test. Accuracy is important. All pulses should be taken sitting down, except the important one upon waking. Write down your results, and record what you eat at each meal.

Smoking, caffeine and other stimulants will render the pulse test results invalid, so you need to abstain from these things during the entire testing period of days or weeks. This test may also not work if you are taking a medical drug that controls or affects your heart rate, such as a beta-blocker. And as I mentioned, elemental shakes can cause your pulse to speed up, so test foods one to one and a half hours after ingesting a shake.

You can characterize your pulse as follows:

1. The daily low pulse rate. Normally this will be your waking rate, unless you are sleeping on something you are allergic to!
2. Note the highest and lowest pulse on each day. The maximum normal range difference is 16 beats. If your range is higher than this, you are allergic to something in your environment, or something in the air, or something you put on your hair, skin, etc.
3. Once you have your average pulse, and your differential (the difference between the daily low and high rates), anything that causes you to vary from that is suspect.
4. Therefore, taking your pulse after each meal (or food) will enable you to tell whether something in your diet is increasing your pulse rate, indicating sensitivity.
5. A routine of eliminating elements of that meal, and testing again, will enable you to identify the guilty substance, or easiest is to just test one food at a time.

Dr. Coca found that any pulse over 84 beats per minute was indicative of intolerance to a food or chemical. However, he seemed to be working from the premise that 60 – 72 beats per minute is a normal pulse. If you are anemic, then your ‘normal’ pulse range is going to be a lot higher than a normal person’s and 84 beats may even be within your normal range. The average resting heart rate also varies widely depending on fitness level, emotions, body size, medications and air temperature. The
Mayo Clinic lists a normal pulse rate as anywhere from 60 – 100 beats per minute, although athletes can be as low as 40 beats per minute.

A more useful guideline would be that any food that raises your pulse more than 6 beats per minute above your upper range, should be noted as causing sensitivity or intolerance. Anything that increases your pulse more than 12 beats per minute can be classed as an allergy. Coca says that if your pulse counts (14 pulse counts per day) do not vary more than two beats, for three days in succession, all food allergens have been avoided and your body is clear of allergic response.

If you have a high resting heart rate whilst lying in bed, you are likely allergic to something in your bed, or room. Likewise, if you keep getting skewed results that don’t make sense, you are likely reacting to an environmental allergy rather than a food allergy. One last caution: microwave radiation from cordless phones, cellphones, WiFi and other wireless devices (baby monitors, Wii and gaming systems, etc.) also raises the heart rate in certain people – some estimate about 15% of the population. As long as these devices are plugged in or turned on, they are emitting radiation – they do not need to be in active use. In my opinion, people recovering from illness should not have any microwave radiation devices in their home, nor carry them on their body.

If you did not receive the Coco Pulse Test bonuses, please email us at: service@ListenToYourGut.com and we will send them to you.

As I said, the complete ebook by Dr. Coca is included in your free bonuses folder, so please refer to that for further information if you wish to implement the Coca Pulse Test for food allergies. I have also included some charts in the same folder for you to easily track your foods, pulse and reactions. Otherwise, if you are just going to monitor your own body’s symptoms and reactions, use the Food Diary chart here.
FOOD DIARY

Day: ...........................................................................................................

Food Ingested: ..........................................................................................
...........................................................................................................

Time: .........................................................................................................

Reaction:

☐ Increased mucus production
☐ Nausea
☐ Itchy tongue or skin, swelling, redness
☐ Bloating/gas, cramps
☐ Diarrhea (and number of movements: .............................................. )
☐ Heartburn, indigestion
☐ Shortness of breath
☐ Fuzzy head or drugged feeling, sleepiness
☐ Headache, joint/muscle pain
☐ Undigested particles of test food in stool or toilet bowl
☐ Slimy, mucous, or acidic stool
☐ Blood in stool or toilet (describe: ..................................................... )
...........................................................................................................

Number and type of bowel movements: ..................................................
...........................................................................................................

Emotional events or feelings: .................................................................
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Anything else: ........................................................................................
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TAKE ACTION

☐ Photocopy the Food Diary and staple the pages together.

List here any foods/drinks you already know you have an intolerance to. Make sure you don’t introduce these foods until Phase 4 of the Food Reintroduction Chart:

________________________________________________________________________

________________________________________________________________________

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In the past, which ‘Undesirable Reactions’ have you experienced as a result of eating foods/drinks you’re intolerant or allergic to?

________________________________________________________________________

________________________________________________________________________

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For the first half of geological time our ancestors were bacteria. Most creatures still are bacteria, and each one of our trillions of cells is a colony of bacteria.
Richard Dawkins
If you have IBD or IBS, chances are very good that you have an infectious component to your illness. Whether a gut infection was an originating or causative condition, or whether it developed later following antibiotic use, or GI exploratory tests, is immaterial. By this point, you are pretty much guaranteed to have an overgrowth of bad bacteria, yeast, fungus, viruses, mycobacteria, etc. So this chapter contains a potent broad spectrum anti-pathogen protocol that has been trial-tested by thousands of people with IBD – so we know that is both well tolerated and effective.

Many people utilizing the IBD Remission Diet also have fistulas – many have been unable to heal these for two years or longer. The liquid-only feces produced by an elemental diet, combined with the Fistula Treatment Protocol below, eliminates the infection which is a root cause of fistulas and also gives them the time and non-abrasive space necessary to heal.

One of the foundational healing supports provided by the IBD Remission Diet is the repopulation of the gut bioterrain with predominantly good bacteria. Unfortunately, diagnostic and exploratory tests damage or completely destroy this healthy flora (as do antibiotics), so I have also included instructions in this chapter to first evaluate whether an invasive procedure is necessary and secondly, what to do to minimize the damage before and afterwards.

WILD OREGANO OIL

If you sense you also have an intestinal infection (and if you have IBD or IBS you are highly likely to) you will benefit greatly from using Jini's Wild Oregano Oil Protocol to kill off these pathogenic microorganisms, like yeast, fungus, bad bacteria, mycobacteria and viruses. In that case, you would do Jini's Wild Oregano Oil Protocol first and then follow with the high dose probiotic supplementation. This will kill the pathogens much faster than just using probiotics alone.

Wild oregano oil is an extremely potent natural antibacterial, anti-yeast, antifungal, antiparasitic and antiviral substance. It is extracted from a particular species of oregano that grows wild in rocky regions of the Mediterranean and has only been used in North America since the
early 90’s when Dr. Cass Ingram published his landmark book on wild oregano called, *The Cure Is In The Cupboard*. As such, it is a relatively ‘new’ herbal medicine in the U.S. and not many naturopathic physicians are even fluent in its uses and amazing efficacy. I expect it will gain momentum quickly in the coming years and as with all really effective herbal medicines the Food and Drug Administration (FDA) will probably try to ban it before too long!

Most of the scientific research on wild oregano oil is currently coming from the Applied Microbiology field in the area of food preservation. Microbiologists have found that wild oregano oil is so powerful that even minute amounts of it can kill common food-borne pathogens responsible for a lot of the food poisoning incidents with processed food. When I first introduced wild oregano oil to my readers back in 2005, its use with gut disorders was not widespread. However, since then, among my readers alone, thousands have tested and used this herbal extract to rid themselves of intestinal infection. I have used it on myself and my children since 2002 – and I can personally confirm its efficacy for a wide variety of applications involving infectious microorganisms. More recent research has even confirmed wild oregano oil’s ability to eradicate mycobacterium avium paratuberculosis (MAP) – an extremely tenacious pathogen that has been identified in up to 92% of Crohn’s patients (see Appendix B for references).

**What To Look For In A Brand Of Oregano**

It’s very important to use the correct species of oregano; as different species contain different levels of the principle active ingredients; carvacrol and thymol. Please follow the specifications here to ensure you get the desired results and don’t substitute brands unless they can meet the same criteria (confirmed via an independent lab assay), or you will not see the same results. When purchasing wild oregano oil, make sure you get:

Species: *Oreganum vulgare*

Subspecies: *Hirtum* is one of several that work well

For wild oregano oil to be effective, it must be high in naturally occurring
carvacrol (ideally 75% or more) – not just have extra carvacrol added in later. If you get a brand with the correct species and subspecies, this will not be a problem. Effective, good quality wild oregano oil should also be low in thymol. Thymol is a naturally occurring compound in oregano oil that must be present as it works synergistically with carvacrol. But, too much is hard on the liver, so check that levels do not exceed 5% maximum. For my brand recommendations, see my LTYG Holistic Health Shoppe.

The dosage given for wild oregano oil in this Protocol is for oregano oil that has already been diluted in a carrier oil (most brands are) like olive oil. 5 drops of diluted wild oregano oil is equivalent to 1-2 drops of pure, undiluted, essential wild oregano oil. If you’re using a brand other than the ones recommended here, check carefully to see whether it’s been diluted or is an essential undiluted oil. Remember to always dilute pure (undiluted, essential) oregano oil in a carrier oil before using internally or externally since, like all essential oils, it can cause tissue damage. The brands I recommend have already been diluted with olive oil, so you don’t need to dilute them further before using in this protocol.

Okay, now that you’ve got some background on wild oregano oil, here’s how you need to take it to eliminate any intestinal infection. Wild oregano oil is also ideal for people with IBD as – although it feels ‘spicy hot’ in the mouth – it is also an anti-inflammatory and is used topically with burn patients.

The Easiest Way To Take Liquid Wild Oregano Oil

Wild oregano oil feels ‘spicy hot’ when you swallow it (or when it touches any mucous membrane). So, the best way to take it is to first take a sip of water and hold it in your mouth, without swallowing. Fill the dropper with 5 - 10 drops of wild oregano oil, tilt your head back and shoot the contents of the dropper into the mouthful of water at the back of your throat. Swallow. Then immediately follow with lots of water or juice, and keep drinking water till the heat sensation disappears (about 10 seconds).

Even my daughter, Zara, could take liquid wild oregano oil using this method when she was only five years old. In fact, you can watch Zara
Jini’s Wild Oregano Oil Protocol

➢ Take 10 drops of wild oregano oil, 3-5 times a day. I prefer taking it on an empty stomach for maximum efficacy, but it is not necessary. Whilst on the elemental diet, you can take a dose and then 10 minutes later have a shake or some broth. For some reason, numerous readers have found the liquid drops work better than the gelcaps – but you can use either. Again, you will need to ramp up gradually (start with just 5 drops, 1-3x/day) and adjust the dosage and frequency to what your body can handle. As you clear pathogens, you will likely be able to handle more.

➢ Then, just before you go to bed at night (and a minimum of 2 hours after your last dose of wild oregano oil) take a full dose of probiotics: 1 teaspoon of each of the three probiotic powders (Megadophilus, Digesta-Lac, Bifido Factor). Extensive experimentation by myself and thousands of readers has shown that you need to combine wild oregano oil with probiotics to get the best results and also avoid unpleasant side effects – so do not skip this vital step.

➢ Continue on this dosage protocol for three weeks (or longer if your intuition guides you that way), then implement the probiotic supplementation outlined in Chapter 3. If you have a tenacious infection (like mycobacterium avium paratuberculosis – MAP) you will likely need to cycle on and off this protocol every 3 months or so, for up to two years. So let your body be your guide.

demonstrating the easy (no burning!) way to take wild oregano oil in this video: www.youtube.com/watch?v=7ryheQSmYHc
(or go to YouTube and type in “jinithompson” and it will pull up my channel) Alternatively, if you like a hot burning chili sensation, then just shoot the five drops directly into your mouth and enjoy! Remember though, that wild oregano oil is anti-inflammatory and used with burn patients, so although the herb presents in this ‘hot’ way, it’s true action is more complex and healing/soothing.
Warning: Do NOT use Jini’s Wild Oregano Oil Protocol unless you follow it with the probiotic supplementation described above. If you kill off all the pathogens in your gut, but do not replace them with good bacteria, you run the risk of opportunistic infection. Your Candida albicans (yeast) population will also explode in the absence of good bacteria to keep it in check, so you must follow with therapeutic-quality probiotics at a high dosage.

Adapting This Protocol For Children

Definitely watch the video above to see how to give wild oregano oil easily to children. For children aged 5 – 9 use 3 drops, 3x/day and for children aged 9 – 12 use 5 drops, 3x/day. Although, since it is difficult to give kids multiple doses, you should see adequate results from just giving 5 - 10 drops of wild oregano oil twice per day (i.e. 5 drops for kids aged 5 – 9 and 10 drops for kids aged 9 – 12, 2x/day) – first thing in the morning, or right before bed, on an empty stomach (20 minutes before food, or 2 hours after food). Also follow the children’s guidelines for probiotic supplementation in Chapter 3. For children under the age of five, only use under the supervision of a naturopathic doctor. However, just doing the probiotic supplementation alone should be fine for most kids under five. Remember to always give wild oregano oil 2 hours away from probiotics.

FISTULA HEALING

The current medical treatment for perianal abscess (which often results in a fistula) involves oral drug antibiotics and manual drainage of infection from the abscess. However, many doctors wish there was an alternative treatment, since it is so hard to get antibiotics to the actual infection site. Oral antibiotics are processed via the gastrointestinal system, so very dilute amounts end up reaching the rectal area. The good news is: We DO have an alternative treatment that delivers a very powerful natural antibiotic directly to the abscess site.

Some people develop fistulas in their rectal canal and these wounds penetrate right through the rectum and exit either into the vagina, or,
outside the body around the tailbone area. The elemental diet provides fistulas with an ideal chance to heal naturally as the fecal matter is greatly reduced and mostly liquid. However, for a fistula in the rectal canal that exits outside the body, you can also provide additional herbal healing assistance for the wound. Here’s a procedure you can follow to clear up a mildly infected rectal fistula and further speed healing of your fistula wound whilst on The IBD Remission Diet:

1. Bathe the area at least once a day in Epsom salts. Soak in warm/hot water up to your navel (or higher) for at least 15 minutes. Make sure the wound is exposed to the water and you’re not sitting on it during the bath. Use 1 cup of Epsom salts per bath and add 30 drops of Tea Tree essential oil to the running bath water. If you have some bentonite clay, that is also ideal for drawing out infection, so add ½ cup of clay to the bath as well. Tea Tree oil (from the Australian Tea Tree) enhances skin function, is antifungal, antibiotic, antiviral, non-irritating and is useful for healing pus-filled wounds and many types of mild and chronic infection.

2. After soaking in the bath, use a soft washcloth to slough off any dead and purulent (pus-filled) skin, rinse the area again in the bath water, soak for another 5 minutes, and then gently pat dry.

3. Follow this bath with Jini’s Wild Oregano Fistula Syringing Protocol given below.

**Perianal Abscess / Fistula Treatment Protocol**

If you have a perianal abscess that is still enclosed, or walled-off, then the first step is to try applying wild oregano oil topically to the infected area. Start at a 7:1 dilution with olive oil (7 drops organic olive oil to 1 drop wild oregano oil), and then gradually increase the ratio of wild oregano oil to get it as close to full strength as you can tolerate. Only use the brands I recommend, to ensure potency.

Apply the wild oregano oil dilution topically five times per day and also begin Jini’s Wild Oregano Oil Protocol orally (see above).

If this doesn’t work sufficiently to reduce the infection after two weeks, then you may want to have your gastroenterologist drain the
abscess. If he/she performs this procedure, your GI (gastroenterologist) will want to follow it with oral drug antibiotics. However, you do have the option of having the abscess drained and then NOT following it with antibiotics – but doing *Jini’s Wild Oregano Oil Protocol* instead. You don’t even need to tell your GI this – just take the prescription and don’t fill it unless you need it.

If you decide to have it drained, then (if possible) during the procedure, have the GI syringe it with full strength wild oregano (as much as will go in) after drainage. Then, (regardless of whether he’ll do that, or not) try to get him to leave a drainage tube in place. This will make it very easy for you to syringe it yourself with wild oregano and thereby avoid having to take any prescription antibiotics (or high dose wild oregano oil orally).

Even if he won’t leave a drainage tube in place, you can still syringe it through the hole – it’s just more difficult and uncomfortable. Syringes are available at your local pharmacy – get a 10 ml syringe with the narrowest nozzle possible and sometimes oral/dental syringes work best as they have a longer nozzle. One of my readers further improved upon this protocol by using an infrared laser to cause the wild oregano to penetrate more deeply and also to speed healing. You can follow the comments from people who are trying this protocol and their various experiments on my blog: www.listen2yourgut.com/blog/perianal-abscess-natural-treatment/

Try to do this protocol whenever you have the least number of bowel movements - or the longest stretch between movements.

If your fistula exits into your vagina, you can swab the fistula opening inside your vagina before bed (or whenever your bowels are least active for the longest stretch of time) with diluted wild oregano oil. Start with a 7:1 dilution (7 drops olive oil, 1 drop wild oregano oil) and then increase from there if you can tolerate it.

You can also soak a sterile gauze pad in the solution (or in 6% hydrogen peroxide) and stuff it up your vaginal canal for 15 minutes – use your kegel exercises to contract the vagina so the mixture gets worked into the folds.

If any irritation occurs, douche with 5 drops of full strength wild oregano added to 1 cup of warm/hot water (mix thoroughly) to cleanse
the area. Abstain from intercourse to give your fistula the best chance for undisturbed healing – there are many other ways to share pleasure!

### Jini’s Wild Oregano Fistula Syringing Protocol

- Syringe into your fistula hole or drainage tube with as close to full strength wild oregano oil as you can tolerate. Start at a 7:1 dilution with olive oil (7 drops organic olive oil : 1 drop wild oregano oil), and then increase in strength to get it as close to full strength wild oregano as you can tolerate (“full strength” meaning the brands I recommend, which are of course diluted already – but for mucous membranes, further dilution is necessary). Try to elevate your fistula opening so that the oregano oil stays in the abscess cavity and doesn’t drain back out immediately. Try plugging the drainage hole with an earplug, or something, to block it closed for 20 minutes after syringing, then remove and let it drain. Most people have been using a 10 ml syringe, but even 5 ml (depending on how much you can get in there) is likely sufficient.

- Syringe every 2 hours for the first 24 hours (when you’re asleep at night, let it go 4 hours).

- Then every 4 hours for the next 24 hours.

- Then 4 times per day thereafter until infection is completely resolved/gone.

- Then 2 times per day for 10 days (yes, this is AFTER there is no infection left).

- Then allow the hole to close (if it hasn’t already) by removing the drainage tube and continue applying topically for a month, 3x/day.

- Throughout this whole regimen, continue with oral wild oregano and probiotics, as per Jini’s Wild Oregano Oil Protocol (see above).

* A big thank-you to my brother, Millan Patel MD, MSc, who helped me develop the syringing part of this protocol.
THE PROBLEM WITH COLONOSCOPIES

I have heard from many readers who went into remission following the IBD Remission Diet and then had a colonoscopy done to confirm their remission. They were pleased to report no signs of inflammation or ulceration and their gastroenterologist gave them a clean bill of health… until their flare-up. At which point they emailed me, asking, “Do you think the colonoscopy had anything to do with causing the flare?”

Let me just say: Aaaaarrrrrghh!! Okay, now that I’ve got that out the way: Yes! The colonoscopy was most definitely the principal, if not sole reason for the flare. If you take only one piece of information from this whole book, let it be this: Your gut flora, or bioterrain, is the foundation of health for your digestive system and hence your entire body.

What does a colonoscopy do? It wipes out all that good bacteria and protective lining you’ve spent all these months building up. Other GI exploratory or diagnostic procedures like barium enemas and sigmoidoscopies also destroy a lot of gut flora. A colonoscopy leaves you wide open to secondary or opportunistic infection, and in many cases, the scope itself infects you.

Here’s how a colonoscopy procedure works: First, you have to self-administer a ‘bowel preparation’ procedure. This consists of substances that cause you to completely clear out your bowel and leave the walls of your colon squeaky clean so the fiber optic camera can get a good picture of what’s happening with your mucosal lining and intestinal wall. Understandably, causing a complete clear out of everything from your bowels (usually over a one to three day period) is not pleasant and sometimes in itself painful and traumatic.

But the really damaging thing about this kind of a colon cleansing is that it pretty much destroys your bacterial flora and balance in your colon. The average colon contains 3 – 4 pounds of bacteria. If you’re healthy, most of that consists of good, healthy bacteria. So the colonoscopy prep procedure has just stripped your colon of its good, protective bacteria. And guess what? Your colon is now wide open to secondary or opportunistic infection by pathogenic bacteria, yeast, parasites, etc.

Into this now highly vulnerable colon, the doctor then inserts a
colonoscope. This is a long tube that closely resembles a garden hose with a fiber optic camera on the end of it. But here’s what most people (including your own doctor) likely don’t know about colonoscopes: It’s impossible to properly or completely sterilize them.

It was actually Natasha Trenev (the founder of Natren probiotics) who first alerted me to this whole issue. We were on a TV show together when she told a story of how the Mayo Clinic had sent out letters to all its patients who’d had a colonoscopy - warning them that due to the inability to sterilize the apparatus, they may have been exposed to Hepatitis, AIDS, etc.

I was aghast. Could this really be true? I began researching mainstream medical and scientific journals for evidence and I’m sure you’ll be as horrified as I was at the results. But before we get into the technical medical jargon, let’s take a look at this newspaper article from the LA Times, where the reporter covered this exact issue:

UNSTERILE DEVICES PROMPT WARNINGS; Use of dirty endoscopes in colon and throat exams can pass along infections, activists say


The nation’s leading manufacturer of endoscopes has known for a decade that some scopes contain cavities inaccessible to cleaning by hand but has failed to fix the oversight, said David Lewis, a University of Georgia research microbiologist who has conducted research for the federal Environmental Protection Agency on the issue of dirty endoscopes.

There is wide consensus that it is difficult to sterilize the devices, which can cost $28,000 each, without using temperatures so high that the scopes themselves become damaged. The scopes have numerous cavities that are difficult to clean, even by hand, critics say.

Acknowledged Timothy Ulatowski, an FDA official who oversees endoscope compliance: “When these things were designed, cleaning and sterilization was obviously an afterthought.”

Even the government can’t agree on how long is needed to clean the devices. The FDA says endoscopes should be disinfected for 45 minutes
to kill tuberculosis bacteria, but the Center for Disease Control believes the job can be done in 20 minutes, Lewis says.

He and other microbiologists advocate sterile disposable parts for endoscopes as well as the use of a condom-like sheath for each new patient. But they say manufacturers and health-care providers have resisted such solutions because of added costs. Lewis says Olympus, which provides 70% of endoscopes on the U.S. market, has long been aware of cleaning problems associated with its product. In a patent filed in 1993, he says, the company wrote that at times “satisfactory cleaning cannot be achieved.”

So now you have a colon that’s been stripped of its natural protective microflora, being directly exposed to a colonoscope that may be infected with any number of harmful viruses, bacteria and other pathogenic microorganisms.

I know, this is such a fantastical claim to make, that more evidence is certainly needed. So let’s get a little deeper into this issue and make sure it’s grounded in hard science. Each of the following problems (from evidence gleaned from mainstream medical journals – see Appendix B), highlights a different facet of the sterilization problem:

- Endoscopes and colonoscopes are damaged by high heat sterilization, so technicians have to use other methods to attempt sterilization. I say “attempt” because to date, they have not found an alternate method that can kill every type of pathogen.
- A common sterilant for colonoscopies (gluteraldehyde) has actually been proven to cause colitis. If you develop any of the following symptoms within 48 hours of having a colonoscopy, it’s likely the gluteraldehyde residues on the colonoscope are responsible: Cramps and abdominal pain, tenesmus (painful, urgent straining to defecate), rectal bleeding and in some cases, hemorrhaging.
- Gluteraldehyde (the most commonly used disinfectant for colonoscopies) also cannot kill mycobacterium. Mycobacteria is the fungal/bacterial hybrid microorganism that has been identified in up to 98% of patients with Crohn’s Disease.
• Gas sterilization has also been shown to be ineffective for sterilizing flexible endoscopes, like colonoscopes.
• Of all the endoscopes (gastroscopes, bronchoscopes, sigmoidoscopes), colonoscopes are the most difficult to sterilize.
• Human error also plays a big role in colonoscope contamination. One study observed staff responsible for cleaning colonoscopy apparatus for two years running – and their conclusion was: If the staff do not clean the colonoscope properly prior to disinfection, then no matter what sterilization procedure is in place, the colonoscope remains highly contaminated. And after two years of observation, they discovered a lot of room for human error.

I give you the specific medical publications and quoted text these assertions come from, in Appendix B, so you have the hard science backing up these claims. Your doctor will also need to see the references in Appendix B when you take this information in to him/her. The inescapable conclusion is that, at this time, there is no way to sterilize a colonoscope. So in addition to the damage done to your gut flora and mucosal lining of your colon, you are also at risk of infection from hospital pathogens and the colonoscope itself.

In the event that you are faced with an unavoidable colonoscopy, here’s what you can do to minimize the potential damage.

**What To Do Before A Colonoscopy**

Those of you who have read my books know my personal opinion on colonoscopies and that I haven’t had another one done since my first, over 25 years ago. However, in the cases where you really do need to have one done, what can you do to protect yourself?

Follow the guidelines for high dose (7 – 10 billion c.f.u. per day) probiotic supplementation every day until your test prep. This will help your colon to be as strong as it can to withstand the procedure. After you have administered the test prep – designed to clean the surface of your bowel as clean as the surface of your hand – drink 1/2 cup of
George’s “Always Active” Aloe Vera Juice every two hours until you have to go to the hospital. This will help to heal damage to the mucosa from the test prep and also to strengthen the mucosal lining before the procedure. George’s aloe vera is as clear and liquid as water, so it won’t interfere with the visibility of your bowel wall.

The good news is that, finally, an Israeli company has come up with a colonoscope that is covered with a disposable sheath, for individual use. Akin to a colonoscope with a condom – this is the best prevention against infection from the colonoscope – because each person gets a one-time-use sheath that covers the entire colonoscope. The bad news is that this company was bought out by Stryker and two years later they have still not brought this product to market. Perhaps it will be available by the time you read this book – who knows?

You can check with Stryker and also ask your gastroenterologist if the colonoscope sheath is available yet. Get your gastroenterologist to use one, if at all possible. I have many readers who have said to their GI, “I’m not having another colonoscopy until that sheath is available!” This is a good thing, because money is the strongest motivator – if you pressure your doctor, your doctor will pressure the medical supply company. If revenues to both parties decrease because people are refusing to have colonoscopies until they provide a sterile sheath, or disposable colonoscope… guess what will happen?

If you’re just having a sigmoidoscopy done, these are commonly available as disposable scopes, so just make sure your doctor uses the disposable sigmoidoscope.

However, using a disposable scope still doesn’t make up for the complete disruption and destruction of your healthy bowel flora. So immediately following your colonoscopy, see if your doctor will administer Jini’s Probiotic Retention Enema - you can bring it to the hospital already in the enema bag and ready to go. It won’t be as potent as when you mix it up fresh, but it will still provide a significant preventative against secondary or opportunistic infection from the scope, or the hospital. Then follow the post-colonoscopy treatment guidelines below.
Post-Colonoscopy Treatment

The most important thing you can do after a colonoscopy is to replace your bowel flora as quickly as possible. You may also want to go back on the IBD Remission Diet for a week or two following a colonoscopy, to give your bowel a restorative healing spa – from the soothing shakes, restorative broths and healing supplements.

If you don’t do the IBD Remission Diet, then you should at least take George’s Aloe Vera Juice (1/2 cup) and MucosaHeal (3 capsules) together on an empty stomach, once or twice per day, for one week. And then follow the guidelines below for probiotic therapy. Just make sure to take the probiotics two hours apart from the George’s Aloe and MucosaHeal.

1. **Administer Jini’s Probiotic Retention Enema immediately after colonoscopy.**

This retention enema, which delivers very high dose probiotics directly to your colon (and lower part of your ileum) is the fastest way to replace your good bacteria. As the name suggests, this is not a cleansing or flushing enema, but rather it is an implant or retention enema – where the goal is to hold the mixture in your colon until the liquid is completely absorbed (about 2 hours). If you can’t retain it until the liquid is absorbed, don’t worry, continue with oral probiotic supplementation and try again in a week. You will still retain some benefits though, no matter how short the retention time, so don’t worry, the effort is not wasted. It’s also a good idea to use a thick towel or waterproof pad underneath your bum in case you cannot retain the mixture and it leaks out. Administer once per week, for 4 – 6 weeks.

You’ll probably need someone to assist you in administering the enema, at least for the first few times. Using the clamp on the enema tube stops the flow of liquid, as does holding the end of the tube higher than the bag. So let the mixture flow down almost to the end of the tube and then clamp it about a foot and a half from the end to shut off the flow. You want the mixture right at the end of the tube, so that when you insert it and release the flow into your colon you don’t get a lot of
air going in as well. You may find it easy to insert the tube into your anus, but I’m going to give you instructions that will make it as easy as possible for even the most sensitive of rectums.

### Jini’s Probiotic Retention Enema

- 2 tablespoons B. bifidum Natren Bifido Factor powder
- 2 tablespoons L. bulgaricus Natren Digesta-Lac powder
- 1 tablespoon of L. acidophilus* Natren Megadophilus powder
- 8 ounces (1 cup) of warm (body temperature) spring or filtered water.

Mix together well (no lumps) and then pour into enema bag. Administer slowly, massaging mixture into your colon. Retain mixture until all the water is absorbed. If possible, do it right before bed (lying in your bed) and then just go to sleep. Then the bacteria will have all night (hopefully) to colonize.

It’s preferred if you can use the Natren dairy-based powders for all three probiotics, if tolerated. If you can’t tolerate the dairy-based, then use the non-dairy powders. However, Digesta-Lac is only available in encapsulated powders in the non-dairy formulation, so you’ll have to just open the capsules, until you have 2 tablespoons of powder.

*Although L. acidophilus is primarily active in the small intestine, in disease states the ileocecal valve (between the large and small intestine) is often malfunctioning and bacteria from the colon washes up into the small intestine. Also, a colonoscope can sometimes bang up against this valve and damage it or spread infection. Therefore I like to add some acidophilus to the retention enema mixture ‘just in case’ this may be occurring.

Start by rinsing a washcloth in hot water, wring it out, then press it against your perianal area. The heat and moisture will cause the tissue to soften up. Next, use your fingers to apply Vitamin E oil (available in capsules, just puncture the end with a needle and squeeze out the oil) all round and inside your anus. Also apply it to the tip of the enema tube and about two inches along the length. You can use KY jelly instead, but I prefer the Vitamin E oil as it’s also an excellent wound healer that will prevent, or help to heal, any anal/rectal fissures.
Insert the enema tube gently into your rectum (about three inches should be sufficient) and then have your assistant slowly release the clamp, allowing the mixture to flow in at a comfortable rate. You may have to keep the flow quite slow for the first few times and stop it every now and again before you’re able to continue. But as you get used to the enemas you’ll be able to accept the liquid faster. When all the mixture has gone in, re-clamp the tube and withdraw the tip from your rectum.

Here are some tips that will really improve the ease and efficacy of the implant enema:

1. Lie down on your left side with one or two pillows (covered with a towel) under your bum/hips. Having your bum raised up enables you to use gravity to assist the flow of the enema mixture into your colon. Lying on your left side draws the liquid into your descending colon, reducing the pressure on your rectal canal.

2. Be sure to breathe deeply and relax your abdomen throughout (fear or apprehension causes us to tense up). Visualize the mixture flowing in around the whole length of your colon; imagine your colon welcoming it and helping it along.

3. After the mixture is inside your colon and you’ve withdrawn the enema tube, turn to lie on your right side – so the mixture flows across the transverse colon and into the ascending colon. Then begin gently massaging the mixture around in your colon so it gets into all the folds and ridges of the intestinal wall. However, be sure to massage and stroke in a counter-clockwise direction; up the left side (descending colon), across the top (transverse colon) from left to right, and down the right side (ascending colon) towards the ileocecal valve and the small intestine. You massage in this direction because you don’t want to cause a bowel movement, you want to prevent one, by massaging away from the rectum, not towards it.

4. The point of a retention enema is to hold the mixture inside your colon for as long as possible - ideally until all the liquid has been absorbed. Therefore, it’s best if you can stay lying down with your bum raised on the pillows for as long as possible. You may
also want to lie first on your right side for half an hour, then on your back for half an hour, then on your left side for half an hour, allowing the mixture to saturate the different parts of your colon.

Don’t worry if you can’t hold the enema in until it’s all absorbed – especially the first few times you do it. You still will have received a substantial benefit and each time you administer the retention enema, your body will be able to hold it a bit longer. If your bowel is very sensitive, then you may want to start with only half an enema and then gradually increase from there as your bowel becomes trained to retain the mixture.

Love your colon whilst administering this enema – tell it you’re sorry it’s having to go through all this, tell your colon that this enema will soothe and heal it and give it an army of friends to help keep it healthy. Thank the good bacteria for helping you. Remember that the mind directs the body, so enlist the aid of this valuable tool.

2. High dose oral probiotic supplementation

After a colonoscopy, you also need to take the full spectrum of probiotics orally (L. acidophilus, L. bulgaricus, B. bifidum - and B. infantis is good too, but not crucial) in either capsule or powder form for at least 3 - 6 months following a colonoscopy. Clinical studies show that to obtain a therapeutic effect, you need to ingest a minimum of 7 – 10 billion c.f.u. of each species, per day. And again, the probiotics you take need to be of therapeutic quality and potency, which most brands are not. As I recommend Natren probiotics, I’m going to give you the dosage instructions for the various Natren products. If you choose to ingest a different brand, then make sure it meets the potency requirements for bioavailable probiotics, each species guaranteed live to the end of the expiry date, and that the dosage equals 7 – 10 billion c.f.u. of each species, per day.

If you are having three or more bowel movements per day, you will need to take the probiotics in powder form – otherwise the transit time through your gastrointestinal tract is too fast and capsules will not dissolve properly. If you are having two or less bowel movements per
day, then you can take the capsules, if you prefer. Ideally, take your probiotics 1-3 times per day (frequency depends on the amount of bacteria contained in each dose).

If you prefer to take the capsules (and are having less than 3 bowel movements per day) then take one Natren Healthy Trinity capsule, 2 times per day for three months, then one capsule per day for one year, ideally. Since each species is enrobed in a separate oil bubble, the species are not touching each other (so remain potent and viable) inside the capsule, and they are protected from stomach acids, so you can take them on an empty stomach, or with food. I recommend you take one of the capsules with food, and the second on an empty stomach right before bed.

If you are taking the Natren single species probiotics (e.g. just L. acidophilus on its own), these are available in two formulations; either loose powder in a jar, or encapsulated powder. If taking the loose powder in jar, then take 1 teaspoon of each powder (i.e. one teaspoon of each different species; Megadophilus, Bifido Factor, Digesta-Lac) mixed together in 8 ounces of room temperature filtered or spring water, 3 times per day on an empty stomach (20 minutes before food, or 2 hours after food) for three months. Then take 1 teaspoon of each, 1-2 times per day for the rest of the year.

If you prefer the encapsulated powders (also called Megadophilus, Bifido Factor, Digesta-Lac), then take 2 capsules, 3 times per day on an empty stomach (20 minutes before food, or 2 hours after food) for three months. Then take 2 capsules, 1-2 times per day for the rest of the year. Again, these encapsulated powders are not the same as the Healthy Trinity capsules I described in the previous paragraph. These capsules contain only one species per capsule and they are in the powdered growth medium. The powdered probiotics are available in dairy-based or non-dairy formulations. Ingest the dairy-based if you can, but if you’re intolerant to dairy, then use the non-dairy powders. The Healthy Trinity capsules do not contain any dairy.

Alternatively, what many people like to do, and find to be the most effective, is to take their probiotics in a manner called “probiotic layering”. Since the different forms of probiotic delivery (i.e. powders vs. oil suspension capsules) have different benefits to the body, the most
effective therapy can be to combine the two. So then you would take one Healthy Trinity capsule once per day and either 1 teaspoon of each powder (Megadophilus, Bifido Factor, Digesta-Lac), or, 2 capsules of each encapsulated powder, three times per day (on an empty stomach).

You may need to experiment (and follow your intuition) to find the optimal way of probiotic dosing for your body. But keep in mind the overall therapeutic directive that you must consume 7 – 10 billion c.f.u. (colony forming units) of each species, each day, to see results.

If you’re confused about probiotics or want more information, there is a very large probiotics section in my Listen To Your Gut book, or you can get the written transcript, or audio mp3 of my teleseminar, Probiotics 1, which is a wealth of in-depth information on probiotics, dosing, etc. I have included this teleseminar in your Free Bonuses folder that should have been emailed to you when you purchased this book. If you didn’t receive the free bonuses (Coca Pulse Test Ebook, Coca Pulse Charts ebook, Probiotics 1 teleseminar) then please email us and we’ll send them out to you: service@ListenToYourGut.com

Once your bowel flora is healthy, you need to maintain a daily intake of probiotics (as our ancestors did for thousands of years). This can be achieved simply through eating the right foods and occasional probiotic supplementation. Excellent sources of food-based probiotics include: raw milk, homemade yoghurt (I love the Natren yoghurt starter culture) and kefir. Other sources of good bacteria and enzymes include fermented breads (fermented for 24 – 48 hours before baking), lacto-fermented vegetables and lacto-fermented beverages. For an excellent resource on how to prepare these healing foods, pick up the Nourishing Traditions cookbook by Sally Fallon and Mary Enig PhD.
TAKE ACTION

Make a list of your symptoms here, before you begin Jini’s Wild Oregano Oil Protocol. That way, you’ll be able to track when your symptoms are improving. Typical symptoms of intestinal infection include: fuzzy head/ groggy feeling, low energy, interrupted sleep at night, pain after eating, rashes, joint pain, etc. These next symptoms are also typical of intestinal infection, but difficult to distinguish whilst on an elemental diet – since the elemental food source itself can mimic these symptoms: bloating, diarrhea, nausea. You will be able to assess the improvement of these last 3 symptoms when you have completely finished the Diet and are on solid foods.

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Make a list here of the supplements you need to buy based on which healing protocols you need to implement (Jini’s Wild Oregano Oil Protocol, oral probiotics, Jini’s Probiotic Retention Enema, fistula healing – don’t forget a syringe).

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The fact that the mind rules the body is, in spite of its neglect by biology and medicine, the most fundamental fact which we know about the process of life.

Franz Alexander M.D.
Once you’ve cleared most, if not all, of your gut symptoms using the IBD Remission Diet and you’ve identified your food allergies and intolerances, how do you maintain your newfound health? You need to avoid returning to your previous diet and lifestyle as they were what contributed to your disease in the first place.

So in addition to the healing supplements you’ve learned how to use (many of which you may continue to use) you also need to address your ongoing lifestyle and diet. I have an entire chapter in my book, *Listen To Your Gut*, which outlines all the lifestyle and environmental factors you need to address to provide a supportive, healing environment for your body. In that book, I take you through every room in your house and provide a checklist of things to avoid or implement to provide an environment that supports your health and healing, rather than undermines it. For now, let’s just look at the top three factors involved in long-term health; emotional or mind/body health, physical fitness and diet.

**EMOTIONAL HEALING**

Full and complete healing of your digestive system will involve addressing the emotional component of your IBD/IBS. All gut disorders are strongly linked to the emotions and some medical researchers have called the gut ‘the second brain’. In fact 60% of the body’s neurotransmitters are not found in the brain, but rather, in the gastrointestinal tract. Research has also shown that it’s not just the brain that can direct or control the gut, but also vice-versa. Certain conditions in the gut (e.g. food allergy) can cause depression, for example, in the brain. Many emotions, such as anger and fear, are stored in the gut and even our common language reflects this: “Her stomach twisted in fear” or “His stomach clenched in anger”, for example.

If you have IBD or IBS or even just chronic diarrhea or constipation, I can practically guarantee you there are emotional roots to these conditions. If you examine and resolve these root issues or woundings within yourself, you will also see substantial improvement in your physical body. There are many ways to go about this healing, and some really effective methods include; hypnotherapy, craniosacral therapy,
spiritual or energy healing, communal prayer or laying-on-of-hands and an acupressure-based technique called EFT. Psychotherapy or talk-therapy alone are not very effective because they don’t integrate with the physical body. Whatever your emotional issues are, they need to be released from your body as well as your mind, so choose a therapy like the ones listed above that facilitates integrated mind/body healing. Dr. Michael Greenwood (see his book listing in Appendix C) sums this up nicely:

“I no longer believe in listening to endless stories of victimization. Somewhere along the line, we become the architects of our experience, and by loitering in our own story we perpetuate any illness we might have. Talking is fine for a while, and everyone needs to have their story heard by a sympathetic ear, but there comes a time we must get into the body if we want to heal the body.” (pg. 296, Braving The Void)

Please see Appendix C for a recommended reading list of books I’ve found particularly helpful or illuminating in this area of healing.

My favourite mind/body therapy for shifting roots, beliefs, vows, patterns of behaviour and feelings that contribute to chronic illness is EFT (Emotional Freedom Technique). It is an acupressure-based therapy that is compatible with any religious belief and after extensive testing of all the therapies listed above, I find EFT to work the fastest. When applied properly it produces long-term results; i.e. the things you shift or heal, stay healed!

If learning more about EFT and acupressure-based therapies interests you, I’ve set up an information page, with links to some good material you can view/download at: www.MeridianTherapyTechniques.com

Please do not minimize the importance of emotional healing in being able to heal your illness. This is the number one reason I see people’s healing stall or plateau. Unless you get into the emotional aspect of your dis-ease, you will not see long-term results. If you find yourself sceptical of the importance of the mind/body connection and effect, just consider blushing.

Blushing, or embarrassment, is a 100% purely emotional event, that
instantly produces a measurable, significant physical result (face flushes red, heart rate speeds up, gut often feels funny, etc). If just that one tiny emotional event can produce such a marked, instant change in the physical body, imagine what severe trauma, or ongoing stress does to the physical body. These traumas and stressors need to be healed and released from the physical body (not just the mind) to see long-term healing in the physical body.

I have a fantastic teleseminar with international best-selling author Gabor Mate MD, When The Body Says No, that really goes into this connection in detail (you can download it at www.MeridianTherapyTechniques.com), or just buy his book by the same name, it’s absolutely fascinating stuff.

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**EXERCISE TO INCREASE & MAINTAIN HEALTH**

I’ve been physically active playing numerous sports, skiing, horseriding, training martial arts, etc. throughout my life. However, I’ve found that for foundational health, no matter how weak and sick you are, nothing beats weight training. Vigorous exercise can often result in a suppression of the immune system, so for someone whose immune system is already not functioning well, a strenuous exercise session can leave you feeling quite sick.

Weight training, however, is an ideal form of exercise because it can be easily adapted to fit your personal goals and needs. It can be an aerobic workout, or, it can be a slow-paced, calm activity with lots of rest periods. You can weight train to give yourself a toned, streamlined appearance, or, you can use it to bulk up and increase your muscle size dramatically. It is also the best method of promoting weight gain for people who are malnourished or underweight.

If you want to gain weight, you have to create a demand in your body for additional muscle. Lying down, or sitting all day, does not require your body to produce extra muscle fibre, while weight training does. Lastly, numerous studies have shown it to be a great defence against osteoporosis as it strengthens bones and increases their density. If you’ve been on steroids (e.g. Prednisone) for any length of time, you should definitely weight train as a preventative against osteoporosis and
also to help repair the damage caused by the steroids.

When you should begin your weight training program depends on how weak you are when you start the IBD Remission Diet. If you’re 99 pounds, have been haemorrhaging, and find it hard to get out of bed when you first start the Diet (like I was), then wait until you’re up to 107 pounds (for example) and can walk a block or two. This may sound too weak/sick to begin, but trust me, as long as you proceed slowly and stay in touch with your body throughout the session, you’ll heal much faster by beginning to exercise sooner. The first few times you go to the gym, you may only do one set of very light weights for 10 or 15 minutes total. That’s great! As long as you go 2 - 3 times/week, whatever you manage to do is great. But, do not exercise to exhaustion. You can leave the gym feeling tired, but you shouldn’t feel exhausted or completely worn out - if you do, you’ve done too much and it will be counter-productive.

For the first three weeks I was on the elemental diet (the first time, after the haemorrhage and weighing 99 pounds) I couldn’t do more than walk around my apartment. I gradually increased this to walking 20 feet up and down the sidewalk outside - getting fresh air is really important - with someone there in case I needed support or felt faint. I then increased this gradually to a block or two and when I could walk three blocks, I had my husband drive me to the gym. My first time at the gym, I could only manage one set each of only three different exercises, and between each set I lay down on the mats for 5 - 10 minutes and just rested, stretching my arms out above my head. Then my husband drove me home. I had to start very slowly as I’d had severe haemorrhaging that had really weakened my body.

This may all sound rather unimpressive, but, by doing these little bits of exercise and gradually increasing each day, by the end of seven weeks I was riding my bike and doing regular workouts at the gym, 35 pounds heavier and healthy in every way. Six weeks later I was pregnant with my son Oscar (who also enjoys superb health and energy).

You need to exercise the following muscle groups to get a good, full body workout and to create the demand for your body to gain healthy, solid weight:

- Biceps (the bulging muscle on the upper front part of your arm)
- Triceps (the opposing smaller muscle on the upper back part of your arm)
• Quadriceps (also known as the thigh muscle)
• Hamstrings (the back of the thigh)
• Calves
• Abdominals (working these will also strengthen your lower back)

If you’re not familiar with weight training, just take this list of muscle groups to an instructor at your gym and have them show you the machines or free weights you can use to exercise each one. Do two sets of each exercise, with 10 repetitions of the exercise per set. I like to do just one set of each muscle group and then do the whole circuit again a second time. For example, rather than doing two sets of bicep curls in a row, I’ll do:

- one set of 10 bicep curls
- one set of 10 tricep extensions
- one set of 10 leg extensions (quadriceps)
- one set of 10 leg presses (also quads)
- one set of 10 hamstring curls
- one set of 10 calf raises
- one set of 25 crunches or sit-ups (abdominals)

I’ll then start all over again at the beginning of that sequence and do the second set of each exercise. This gives each muscle group a chance to rest while I’m working the other muscles. To establish the amount of weight you should lift with each exercise, experiment until you find the amount of weight that makes it really hard to complete the tenth repetition of the exercise. This indicates the right threshold for your body. When it becomes easy to perform the tenth repetition, you need to increase the threshold. You can do this by either increasing the number of repetitions (up to 60 repetitions per set), or by leaving the reps the same and increasing the amount of weight you’re lifting. Increasing the repetitions of each exercise will result in lean, streamlined muscles. Increasing the weight lifted per exercise will result in bigger, bulkier muscle, so do whichever meets your personal goals, or preference for your body.

It’s also really important to stretch your body out after exercising it so your muscles don’t get tense or crampy. Stretching or yoga is wonderful
for improving circulation, blood flow and toxin flushing. Do at least 10 minutes of stretching following your weight training routine. Again, if you don’t know any stretches, ask an instructor at the gym to show you a simple routine. Many gyms have posters with all the stretches illustrated so you can follow the figures each time in case you forget between workouts. Sometimes I’ll stretch out certain muscles between exercises and then at the end of both sets I like to do about 20 - 30 minutes of continuous stretching.

Again, when you’re first beginning, start out really slowly and if all you can do is a few of the exercises, then that’s great! You may also want to proceed slowly with the abdominal exercises as your tummy area is likely to be quite tender - just start with 3-5 crunches to begin with and increase as it feels comfortable. And remember to rest and stretch as much as you wish between sets.

Once you’ve strengthened your muscles, you can then switch to a home-based workout where you weight train using your own body weight, if you wish. But in the beginning, where you may only be able to handle five or ten pounds, you’ll need to use the free weights or machines at the gym.

Putting in the effort to learn weight training will pay dividends for the rest of your life. It’s an ideal form of exercise that can be used whether you’re healthy, ill, pregnant, injured or elderly - again, because weight training increases bone density, it’s a particularly ideal workout for people aged 50 and older, or those at risk of osteoporosis. Use this opportunity to provide yourself with the motivation needed to learn or pursue weight training. And then when you’re healed, keep it going, increase the intensity, or vary it with other vigorous activities – do not lose your physical fitness! It is definitely one of the top three things you can do to ensure ongoing health.

ONGOING DIETARY HEALTH

Since your gut is the place in your body where stress is evidenced first, you should never eat the toxic diet that most Westerners eat. You need to eat a more traditional, primitive diet of whole, unprocessed foods – and thereby you will likely also avoid other diseases common to
Westerners (diabetes, heart disease, hypertension, tooth decay, cancer, etc.)

### MAINTENANCE DIET

To keep yourself healthy and maintain good bowel health on an ongoing basis, make the following dietary guidelines your normal, regular diet. In fact, everyone in your family should follow these guidelines. Make it part of your lifestyle, or second-nature, to adhere to the following as much as possible.

**AVOID:**

- Alcohol - highly acidic and irritating, but for those times when you must have alcohol, it’s my feeling that organic red wine and Guinness or stout beer are the best forms – try to drink beer that is unpasteurized so you are getting some live enzymes and good bacteria. If you’re okay with milk, it might work well to have Bailey’s or Kahlua mixed with milk as milk can coat the stomach and prevent absorption/irritation.
- Caffeine - it inhibits absorption of vitamin C, leaches calcium, magnesium, potassium, iron and trace minerals from the body. Coffee is the worst thing you could drink, really aggravates the colon in particular. Even de-caffeinated coffee is not tolerated well. Bambu is an excellent-tasting Swiss coffee substitute. Pure hot chocolate may be okay, but make it with mostly water and a bit of cream, instead of milk.
- Carbonated drinks - you certainly don’t need more gas, sugar or caffeine in your system. Also, the carbonation pulls key minerals from your bones like calcium and magnesium.
- Hot chillies or peppers, or cigarette/cigar/pipe smoke (first or second-hand).
- No processed, pre-packaged foods. No foods containing preservatives, nitrates & nitrites (these have actually been banned by the FDA, they are so carcinogenic to the gut, but the meat industry refused to comply and so they are still in all your commercial hot dogs and deli meats), monosodium glutamate
(MSG - it interferes with neural functioning), carrageenan
(large quantities have been used to induce ulcerative colitis in
guinea pigs and primates), or anything else that sounds like a
manufactured chemical compound.

- No margarine or butter substitutes – often treated with chemical
solvents and bleaches, resulting in deformed, highly toxic, trans-
fatty acids. Even the cold-pressed margarines are not good as
your body doesn’t need so much of those oils, and they prevent
you from using butter – which your body needs a lot of. Use real
butter (preferably made from raw, organic milk), cold-pressed
virgin olive oil, or unrefined coconut oil instead. Do not use
regular mayonnaise either – only mayonnaise made from cold-
pressed oils.

- No artificial sweeteners of any kind (like aspartame, nutrasweet,
saccharine, splenda, sucralose, acesulfame-K, etc.) - toxic and
proven to cause memory loss, can also be highly addictive and
contribute to hyperactivity and seizures in some people. In many
people, aspartame poisoning is being mistaken for Alzheimer’s –
because the symptoms are the same!

- No artificial colors or flavors - especially since the introduction of
neural flavor blockers and enhancers.

- No pasteurized milk products; milk, yogurt, cheese, ice cream,
etc. Raw milk products are okay and actually promote health,
as long as they are completely grass-fed. But pasteurized or
ultrapasteurized (UHT) dairy products must be strictly avoided.

DO:

- Use organic butter, or unrefined, organic coconut oil, or extra-
virgin (first pressing) organic olive oil wherever oil is called for in
cooking, salads, etc. Cold-pressed oils are superior in retaining
nutritional value and are very healthy. Cold-pressed sesame,
almond, hemp seed and flax seed oil are also good - basically
anything other than mass-market vegetable oils. During the
processing of commercial vegetable oils, they are heated to
the point where the molecular structure is altered (similar to
margarine) resulting in trans-fatty acids that damage cell walls
and DNA, and are suspected carcinogens.

- Try to eat fruit in isolation until you’ve been healed for a year or so and then experiment with mixing it with other foods.
- Try to use raw goat or almond milk, and make your own yogurt or kefir. Many people find cream (certified organic with no carrageenan or other thickeners added) to be better tolerated than milk. Ideally, only eat cheese made from raw milk (not pasteurized).
- Don’t drink milk or juice with meals. If you must have something to drink with your meal, limit yourself to 1/2 glass of warm or room temperature water, sipped slowly, or a packet of Emergen-C (natural flavor Vitamin C powder) dissolved in 1/2 glass of water, and then no liquids for an hour after you’ve eaten. Liquids will interfere with your digestive juices and cause bloating.
- Eat certified organic food and beverages as much as possible, or at least no-spray. If money is tight, it is more important to eat organic or grass-fed meat, eggs and raw dairy than organic vegetables. Factory-farmed animal products are more toxic than pesticide-grown produce.

Following these guidelines, along with maintaining a healthy bacterial flora in your gut, will go a long way to keeping you healthy and energetic. However, if the stressors in your life get to be too much, or you suffer a crisis that results in another flare-up of your condition, keep in mind that you can always go back on the IBD Remission Diet to nurture your body and give it the chance to heal again.

The good news is that it’s much easier the second time, as you already know what to do and are comfortable and familiar with the process. It’s also easier because the ‘fear factor’ isn’t present. You’ll know the IBD Remission Diet works no matter how bad your bleeding or symptoms are and you’ll know you can gain the weight (via good nutrition) needed to heal your body and restore your energy. You’ll also get back to eating solids much more quickly, since you won’t have to go through the time-consuming process of food allergy/intolerance testing. Okay, let’s get started…
TAKE ACTION

Spend some time thinking about the possible emotional roots or contributors to your dis-ease. Go back to your childhood and write down all the emotional traumas and difficulties you have experienced since then. Pay particular attention to what was happening in your life just before you were diagnosed. What type of integrated body/mind therapy do you think would best help you at this time?
Make a list of potential therapists you could go and explore your healing with, include a craniosacral therapist, an EFT therapist, and an energy or spiritual healer you’ve heard good things about (include their phone numbers here for easy reference):

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What are you going to do to increase your muscular and cardiovascular health? List a gym or two you can go and check out to see if you like the atmosphere. Also list the phone number and address of your community center and see if they have facilities for weight training: If there’s no way you’ll ever work out at a gym, list a program of home exercises you can do, or a videotape you could get to do in your living room that incorporates some type of weight-bearing activity (either your own body weight, hand weights, or rubber tubing):

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Or, what about a yoga studio nearby? List the address and phone number of one or two you’d like to try:
Before everything else, getting ready is the secret of success.
Henry Ford
You should now have a complete overview of the IBD Remission Diet along with detailed instructions and hopefully you’re feeling pretty confident about embarking on it. But just to pull things together and make it really easy, here’s a step-by-step plan of action to help you implement the IBD Remission Diet:

**CHECKLIST**

- Figure out how long you need to go on the elemental diet for and how many shakes per day you’ll need to consume to meet your calorie requirements. Don’t forget that as your weight increases, so does your calorie and protein requirement.
  Note: If not available at your local health store, all supplements and products needed are carried online at the LTYG Holistic Health Shoppe (www.ListenToYourGut.com) or 1-888-866-7745 or 360-989-9450.

- Order in enough Absorb Plus (or ingredients to mix your own elemental shake) to last you the duration of the Diet, or at least to give you enough lead time before you need to place another order and wait for mail/courier delivery.

- Purchase the supplements that you need, all at the same time, to save on shipping. It’s cheaper to order as much as you can together in one order.

**Core Supplements:**

- Coenzyme Q10 (30 mg capsules)*
- Pycnogenol (30 - 50 mg capsules) or grapeseed if you prefer*
- Vitamin C in mineral ascorbate (calcium ascorbate, magnesium ascorbate etc.) powder form
- Mixed Bioflavanoids (each capsule containing approx. 50 mg each of Rutin, Quercetin, Hesperidin)*
- Vitamin D3 (cholecalciferol) 2,000 - 3,000 IU per day
- George’s Roadrunner Aloe Vera Juice
- MucosaHeal
- Cold-pressed organic flax oil, and/or, Udo’s Choice Oil Blend. Keep refrigerated.
• Natren probiotic powders: Megadophilus, Bifido Factor, Digesta-Lac and Life Start (if needed). Keep refrigerated.

Optional Supplements (purchase if needed):
• Chewable Houston Tri-Enza digestive enzymes
• Ferrasorb Iron (by Thorne Research, 25 mg capsules)* or Angstrom Iron with Vitamin C - if anemic
• Wild Oregano Oil
• Multi-Vitamin*
• Bone Support
• Minerals of Life Trace Minerals
• FissureHeal
• HemorrHeal
• Cod liver oil or omega-3 fish oil

*make sure you get capsules, not tablets, as you need to open them and empty the contents into the shakes.

☐ Decide which broths you want to make and purchase the necessary certified organic meat and/or vegetables. If you like, make them up now and freeze them in individual servings in ziplock freezer bags to use as needed. Buy a blender (ideally with a glass jar) or a large stainless steel milkshake cup and hand blender – to mix the shakes – if you don’t already have one.

☐ Schedule time off work or some kind of extra help for when you first start the Diet (ideally for at least 3 weeks) so you give yourself time and space to make all the changes and get used to eating this way. Remember the body can’t heal without rest. Also schedule a massage or relaxing spa appointment. Massage will further stimulate blood flow and the release and flushing of toxins from your body, so try to have one per week, whilst on the IBD Remission Diet, if possible (massage training schools offer cheaper sessions).

☐ Line up some appointments for emotional, mind/body healing, like craniosacral therapy (Level II or higher), hypnotherapy, EFT, or energy or spiritual healing (many churches offer free healings during or after the service).

☐ Okay, time to start the elemental diet! Whip up your first shake:
IBD Remission Diet Shake Recipe with Supplements

- Pour one cup (8 oz) of cold or room-temperature spring or filtered water into a blender
- Add 1 tsp. - 1 tbsp. of organic flax or Udo’s oil (according to tolerance)
- Add 1 serving of Absorb Plus (100 grams/4 level scoops)
- Add the supplements of your choice:
  - Alternate Coenzyme Q10 (30 mg per shake) with Pycnogenol (30 - 50 mg per shake) i.e. put CoQ10 in one shake, then Pycnogenol in the next and so on, to a combined maximum of 400 mg per day. Use Grapeseed if Pycnogenol is too expensive.
  - Vitamin C in mineral ascorbate (calcium ascorbate, magnesium ascorbate etc.) form (1000 mg per shake, to a maximum of 10,000 mg per day – reduce if bowel movements get too explosive)
  - Iron - if anemic (1 capsule/25 mg 1-2 times per day.) Or use the liquid Angstrom Iron – 1 tsp. Note: it’s best for absorption if you can take your Angstrom Iron between shakes with a glass of water, but not necessary. Iron capsules need to be taken with the shakes to act as a buffer to prevent irritation.
  - Mixed Bioflavonoids containing approx. 50 mg each of Rutin, Quercetin, Hesperidin (1 capsule per shake, to a maximum of 6 capsules per day)
- Whip on low speed for 10 - 15 seconds
- You can then add your probiotics at this time, if you wish, by hand-mixing into ¼ cup of shake mixture, until it’s a smooth paste, then adding it back to the whole shake and mixing with a spoon – do not use a blender with probiotics.
- Pour into a glass over ice (or consume at room temperature if you prefer – results in less gas), drink through a straw, and enjoy!
Alternate these shakes with broths and plenty of filtered or spring water, along with the other allowable snacks. Enjoy the experience of renewed health and good solid weight that is gradually building up in your body.

Take your other supplements between shakes, on an empty stomach, as needed: George’s Aloe Vera Juice, MucosaHeal and wild oregano oil. Take your probiotics 2 hours away from aloe vera, MucosaHeal and wild oregano oil. Use the FissureHeal suppositories at night to heal any anal/rectal fissures you might have. Try to take a dose of probiotics last thing before bed at night to calm your bowel and so the good bacteria have the night to colonize. You can take Vitamin D3 at any time - take with fish oil if possible.

As soon as you’re able, begin weight training at your local gym. Start slowly, rest and stretch a lot, and don’t exhaust yourself.

Follow the FOOD RE-INTRODUCTION CHART as you begin to eat solids again and simultaneously keep going with high dose (7 – 10 billion c.f.u. per day) probiotic supplementation. Keep a food journal (or photocopy the FOOD DIARY) of foods and physical reactions, emotional feelings, etc. and use the Coca Pulse Test, if you wish.

Once you’re completely on solid foods, continue high dose probiotic supplementation for an additional three to six months and then reduce to probiotics once per day and follow the MAINTENANCE DIET as part of your regular way of eating.

Although following the IBD Remission Diet may seem tedious and difficult, keep in mind that upon completion you’ll also have given yourself the gift of peace. You’ll most likely have a deep sense of peace and absence of fear, with the assurance that no matter how bad it gets, you now have a tool you can use to heal yourself quickly and naturally. You may find you no longer live with the fear of emergency admittance to the hospital, no more threat of TPN or stomach shunt tubes, or surgery, or damaging drugs.
Although six weeks without solid food may seem too difficult to embark on, put it in perspective. What is your life like now? How bad is your day-to-day existence and how long has it been this bad for? Do you really want to go through years more of this fear, pain and ugliness, when only six weeks could completely change your life? Just imagine what it would be like to have enough energy to get through a day, to be able to laugh and run and jump and enjoy mealtimes again. Imagine what it would be like to travel and have adventures and eventually get to the place where you don’t even think about doctors and hospitals. Yes, it is possible!

Depending on how long you’ve been ill for, which drugs you’ve been on and for how long, the IBD Remission Diet may be all you need to heal yourself, or it may be the first big step on your journey to foundational healing. If you’ve had Crohn’s for 30 years, six weeks on the Diet is not likely going to cure you completely. But it may be what you need to finally get off the meds and begin the foundational healing using tools from my other book, Listen To Your Gut, that will render you symptom-free in a year or two – as long as you also heal the emotional contributors to your dis-ease. If you’ve had colitis for six months and refused to take any meds, then the IBD Remission Diet may completely heal you and the probiotic supplementation over the next six months just really cements that healing. Each person’s Healing Journey is unique to their body, history and ability to implement effective change. The crucial decision is to begin the Journey and commit to the holistic pathway of natural healing instead of symptom suppression – actually healing the root causes of your dis-ease vs. ‘pop a pill and make it go away!’

Whatever difficulties you experience following the IBD Remission Diet will be more than compensated by the rewards you will gain. It is a fantastic, completely natural way to achieve long-term health and peace for your body. And surely, that’s the greatest gift you could give yourself.
**Question:**
I assume it’s okay to use vegetables other than the ones you list in your recipe for veggie broth in the book. I’d like to use celery and onions, but maybe the latter would be too harsh? I also drank the store-bought vegetable broth (it’s Imagine brand, which you probably know). Was somewhat concerned that it is quite opaque. No bits floating anywhere, but is this okay do you think?

**Answer:**
Yes, you can use whatever veggies you like in the homemade vegetable broth, it’s just a matter of taste preference. Some people find onions and garlic give them gas, but they are both healing foods, so if you tolerate them, go ahead! What does the ingredient list on the store-bought vegetable broth say? If there is any added starch or thickeners, it’s not okay. Also, call the company and check with them whether it contains pureed vegetables or just the liquid and ask them why it’s opaque. Pureed vegetables are not okay. If it’s not clear, it probably contains some sort of added ingredient or pulp residue and that’s not okay on the elemental diet – store-bought broths must be very clear, not opaque.

**Question:**
My husband says he doesn’t want to use the oils in his shakes because he doesn’t want the extra calories. He wants to LOSE 10 lbs over the 2 weeks on the elemental diet if he can. Do you think this is reasonable? He’ll still lose weight if he drinks the same number of shakes as me (I’m 130 and he’s 195 lbs) even with the oil. Seems to me the oil is part of the therapy as well.

**Answer:**
Yes, the oil is definitely a beneficial part of the therapy and this kind of oil (flax, Udo’s, etc.) doesn’t get converted to fat - it’s used for many other vital (often deficient) things in the body. But he could drop it to 1/2 tbsp. oil per shake (that would still give him a good daily dose) and then just monitor the overall calorie count accordingly. Remember that with any diet if you lose too much weight too quickly it just slows down the body’s metabolism and when you eat regular food again, you’ll
just put on more weight than you lost, because now your metabolism’s slower. I would recommend he maintain a decent caloric intake and add some exercise. Go power walking or jogging, or just do pushups, situps, squats, etc. in the house if he can’t get to the gym - anything that produces a sweat is a sufficient workout to raise metabolism and consuming high amounts of protein (via the shakes) will also help him to lose fat.

**Question:**
I had my first elemental bowel movement today. I had to run to the bathroom and it was all dark, scary looking liquid with tiny black particles (like ground pepper) floating in it. Is that from the Absorb Plus Chocolate Royale flavor, perhaps? Do you think that as my bowel heals that this urgency will go away or is it because the stool is liquid that it’s that much harder to hold (obviously, I have this problem anyway, so it’s hard to differentiate)?

**Answer:**
The black particles could be from the Chocolate Royale, or they could be something already in your colon that’s being flushed out. You may see a lot of weird stuff in your bowel movements since you’re on an exclusively elemental diet, which is also an automatic cleanse and detox. You may even see solid bits of stool at some point amidst the liquid and this could be impacted fecal matter that’s been stuck in the folds of your intestine for months or years. If you see pink or red liquid, that may be the natural color from Berry Fusion coming through. Again, because your fecal matter is completely liquid, everything is visible. Liquid bowel movements are also definitely much more urgent and harder to hold than solid. Again, this is normal and may or may not lessen in urgency as the diet progresses. See the instructions in Chapter Two for things you can do to reduce urgent, explosive bowel movements.

**Question:**
I read what you wrote about drinking the Absorb Plus shakes slowly over 15-30 minutes. But I can’t seem to stop from glugging the whole thing back in 5 minutes. Is this bad?
Answer:
The reason you’re advised to drink it slowly is: because Absorb Plus is pre-digested, it hits your bloodstream very quickly and this can either give people a ‘sugar high’ followed by a mood/sleepy crash, or, make them nauseous. If you’re not having any problems drinking it quickly then it’s ok, you’re still getting the same nutrients. Oh yes, except if you’re adding Vitamin C - that’s best absorbed when drunk slowly. If you drink it fast then you’ll just pee out a lot of the Vitamin C because your body can’t absorb it quickly enough. Try to stretch it to 15 minutes ideally, at least.

Comment on mixing Absorb Plus:
It took a few tries to figure out the best way to blend the shakes. I found that when I put the water in first and the powder second that I was left with big globs of powder at the bottom of the drinks and also on the side of the blender. What seems to work perfectly is putting the powder and supplements in first, then the oil, then the water. I blend it and then re-blend for a briefer period to crush in some ice. This leaves no sludge and the drinks really do taste great. No gagging them back at all. Clearly the colder they are, the better.

Response:
It must depend on the type of blender you have which way works better - good thing you’ve worked it out and thanks for letting us know. I’m glad you find the taste as good as I do - especially when you’ve had to drink the other stuff out there!

Question:
Can I add other supplements (other than the ones you’ve listed) to the shakes?

Answer:
Yes, as long as they’re in elemental form. If they’re plant products like spirulina, algae, etc., they’re complex carbohydrates and not allowed. All carbohydrates must be in monosaccharide form so they’re absorbed directly into the bloodstream and don’t require digestion. Other oils are fine as long as they’re cold-pressed and preferably certified organic. If you’re unsure about something, either check with the manufacturer, or don’t add it!
**Question:**
Well it’s the end of day six on the elemental diet and for some reason I had mild stomach cramps all day. Just felt a bit out of sorts and very tired at day’s end too. I think I may be close to ovulating, so it could be related, but surely if the drinks didn’t agree with me I’d have bigger problems by now? Just wondering if you ever experienced stuff like this? Also, my husband says he just hasn’t felt all that great since he’s been on the diet. Like he’s looking at the world through a fog. He’s also been very tired at night and has had a few headaches. Could this just be detox, do you think? He says he was drinking an average of one cup of tea and three cups of coffee a day before the diet so his withdrawal shouldn’t be that bad. Just thought I’d bounce this off you. Of course, we could both have a bug, and I am a bit anemic right now. I do instinctively feel that colon-wise things are improving. Only because I don’t wake up in the morning tripping over myself to get to the bathroom. Things feel a little more under control. What do you think?

**Answer:**
Try not to micro-examine things too much, as symptoms and feelings will come and go for a variety of reasons and some days will be better than others - just like life! The food clearing literature I’ve read says that people can experience withdrawal/clearing symptoms for 10-14 days, so that may be what’s happening with your husband. Also, is he consuming enough calories, because that could make him tired and foggy too? Especially if he’s trying to maintain his normal schedule and activity level, because don’t forget, as the shakes are pre-digested, they hit the bloodstream very quickly and then there’s no sustained release of nutrients/energy as there is with normal food. So you can feel tired or a bit weak within 45 minutes of drinking one - especially if he’s drinking them down quickly. If you’re resting a lot and taking it easy, you won’t notice this so much, but if you’re running around living your normal life I’m sure you’d feel weaker and more fuzzy than normal (also due to quickly fluctuating blood sugar levels as, again, the shakes hit the bloodstream quite quickly compared to normal food).

Remember too that the IBD Remission Diet is a whole program and everyone responds differently. You may not feel the full benefits of the program until you’ve started regular food and probiotics again.
- and then the foundation you’ve been laying down during this period becomes evident. Try to hang in there and just listen to your body. Do the relaxation and getting in touch with your gut/intuition exercise again if you have questions you want answered by your body.

**Question:**
What’s the best way to mix the shakes when I’m away from home?

**Answer:**
Well here’s an excellent answer direct from one of my readers: “I’ve been making my shakes at work using a Braun hand blender. I keep a small bottle of oil and some spring water ice in the fridge/freezer there, and take a thermos of broth with me every day. I find the consistency of the shakes using the hand blender is particularly frothy and good. Anyway, just thought this might be useful info. for anyone attempting to do the elemental diet who’s worrying about carting in a giant blender to their workplace everyday.”

Of course, if you’re not adding oil to the shakes, you can just follow the directions on the jar of Absorb Plus and mix them by hand with a spoon. You can pre-measure a single serving of Absorb Plus into a zip-lock bag and bring any capsules etc. you need to add in another zip-lock bag. If you’re adding additional supplements though, you’ll need to whip the shake with some kind of hand-held blender to get everything to mix properly. Even a little bit of oil makes a big difference as it will hold the supplements in suspension and keep them from settling immediately on the bottom of the glass. If you have no access to a fridge, then pack capsules of flax oil in a bag or thermos of ice and, when you make your shake, just puncture the capsules and squeeze the oil into the shake mixture.

**Question:**
Can I use Absorb Plus with my stomach shunt tube and have it pumped directly into my stomach rather than swallowing it?

**Answer:**
People who have tried this in the past found that it was too sticky to go through the tubes well. As equipment changes, the best thing is to let your Gastroenterologist or IBD Nurse have a look at Absorb Plus to
determine if it’s compatible with your pump and tubing apparatus. Also, double-check whether you can add all the recommended supplements as well.

**Question:**
I’m nearly finished the elemental diet and am feeling quite anxious about eating regular food again. I’m really worried about what will happen and also I’ve felt so good on the diet I almost wish I could just drink the shakes and forget about food. The other thing is the thought of all that shopping, cooking, cleaning the kitchen, etc. is really not appealing - it’s been so quick and easy to eat this way. Do you think I’m odd?

**Answer:**
No, it’s perfectly normal to feel all of those things. When food has made you feel uncomfortable or ill for so long, then you find something that nourishes you and makes you feel good, it’s only natural to want to stick with it. Your anxiety is also completely understandable. Many people feel very anxious at the thought of consuming regular food again as they don’t know the effect it will have on their body and they’re scared of triggering symptoms. Don’t judge yourself, just allow the feelings to come, and allow them to go, and keep moving forward, step by step. Allow yourself to introduce foods very slowly and take as much time as you want to transition to normal foods – some people take up to three months. You can also continue to have an Absorb Plus shake occasionally when you don’t feel like cooking, or don’t have much appetite, so don’t worry as that option is always available!

**Question:**
Should I continue taking the antioxidants when I come off the shakes? I don’t want to end up in a situation where I’m taking a million supplements four times a day because it always drives me crazy and then I tend to give everything up. So I will need to prioritize... Also, I’m planning on getting pregnant as soon as possible, so what do you advise in that instance?

**Answer:**
Regarding continued supplementation, I know what you mean and my
definition of health is NOT having to consume 50 different supplements every day for the rest of my life! My advice would be twofold: Firstly, identify your particular health priorities and therefore the supplements that will benefit you the most/are most needed by your body. Then, take just those supplements once a day (mornings for example) and make it a routine. That’s why I suggest you may want to continue taking a shake per day (easiest is to have one instead of breakfast) as it’s such an easy way to take the flax oil and supplements. However, you could also just swallow the supplements along with your normal breakfast and swallow the oil in capsule form and/or try to work it into your normal diet (salad dressings, drizzled over vegetables - let them cool down first though, etc.). Since you’re planning on getting pregnant, you definitely want to continue with the flax oil (or Udo’s) as it’s particularly vital for fetal brain development in the first and third trimester - one to two tablespoons per day is sufficient. Cod liver oil is also crucial for fetal development, probiotics and a highly absorbable form of calcium/magnesium (like Bone Support) are also key during pregnancy and breastfeeding.

Secondly, (if you’re not pregnant) I would then cycle one month ON - taking all the supplements every day, and then one to two weeks OFF - no supplements. I believe this actually enhances absorption and utilisation of supplements, as the body can’t then adjust to anything long-term. Remember one of the strongest principles of the body is the homeostatic mechanism. Therefore, I believe if you take a substance continually, long-term, the body will simply adjust to that intake and either reduce its own production of that substance, or, extract less from your food. Of course there are many distinguished proponents of natural health who would strongly disagree with me, so keep in mind this is just my opinion and you should follow your own convictions/intuition on this issue. Of course, if you’re in a disease-state, you need ongoing, continual supplementation until your deficiencies are addressed. But, once you’ve reached a state of health (balance) I see no reason to continue the same volume and frequency of supplementation.

So, for my personal advice on which supplements you should continue taking once you’re finished the IBD Remission Diet and have achieved a state of health/balance, I would recommend the following daily regimen (and then taking a break for a week or two, every second
month):

- full-spectrum multi-vitamin (with high levels of Vit.B complex and Vit.E)
- full-spectrum multi-mineral (including trace minerals as well). I use the nanoparticle (angstrom-sized) minerals for myself and my family.
- 1 – 2 tbsp. flax or Udo’s oil per day.
- 4 – 6 cod liver oil capsules per day - but make sure they’re tested for toxicity.
- 2,000 – 3,000 IU Vitamin D3 per day (in winter or if you don’t get much sun on your skin).
- 1 – 3, 1000mg packets of flavored Emergen-C (Vitamin C ascorbates) per day - if you take it in this form it doesn’t feel like a chore, but rather a treat; a nice fizzy drink with ice that tastes really good.
- Probiotics once or twice per day.

If you’re pregnant, I would continue on this regimen uninterrupted (no cycling on/off) throughout the pregnancy and breastfeeding. If your baby gets sick, you can bump up to as much as 10,000 mg Vitamin C per day and also take some Astragalus (liquid tincture from Herb Pharm, 20 drops in a bit of warm water 1 to 3 times per day is best), both of these will go straight through to the breastmilk and baby will be cured very, very quickly. However, if baby’s running a high fever, don’t take the Astragalus (it can encourage sweating) but just the mega-doses of Vitamin C in mineral ascorbate form.

If your diet consists of mostly certified organic food, then after 6 months to a year of this supplementation, you may wish to take the supplements above only when your body tells you it needs them, or when you get run down, in flu season, etc. Also, remember to take probiotics as needed (whenever your stool gets too runny, or too hard, or you tend toward diarrhea, or constipation).

Don’t forget, in Listen To Your Gut I have an entire chapter on Pregnancy – so lots more useful information there.
**Question:**
I’m feeling kind of worried now, I had one bout of definite diarrhea late this afternoon (but not much quantity as I’ve hardly eaten anything). Now I notice I’m starting to get tender red bumps on my legs, similar to when I had a reaction to Asacol (there’s only about 3-4 bumps so far). What do I do now? Go back on the elemental diet for another week? The only potentially allergenic thing I can think that I’ve eaten so far is that the first squash I had yesterday only had olive oil and salt on it. Then, the second time I had it in the afternoon I put butter and salt on it. I could lay off the butter and see if that helps. Any suggestions?

**Answer:**
Yes, from what you’ve told me, the most likely culprit is probably the butter. However, only your body knows whether you need to stay on the diet longer or if you’re reacting to a food, and which one. I suggest you don’t consume any butter for a week or two - until the red bumps are completely clear and then eat a nice big amount of it again and see what happens. If nothing, eat it again 2-3 times (keeping all else the same) and if still nothing, then it probably wasn’t butter, but if it is, you should get a reaction fairly quickly again.

Remember too, that food intolerances have thresholds - once a week may be fine, but three times a week may trigger a reaction. You’re just going to have to test and re-test. You could also find a naturopath who does testing for food allergies and see what the correlations are or use the Coca Pulse Test. If possible find a clinic that also has a ‘desensitization’ program where they use homeopathic remedies to desensitize you to those foods if you wish.

I wouldn’t worry so much about diarrhea at this stage because as long as your food source is primarily elemental, you’re going to have urgent, liquid bowel movements and it can also take a while for the probiotics to build up enough to firm up your stool. The red bumps could indicate a reaction or they could be a detox, or they could be something new in direct contact with your skin (do you filter your shower/bath water for chlorine?), or they could be an emotional reaction, and that’s what you need to pinpoint the cause of. At any rate, try to calm down and get in touch with your intuition - all the answers are within you and if you access that wisdom you’ll get your answers
much faster than the time-consuming process of scientific trial-testing.

Also, strongly consider using this time to get into the body-emotional connections/triggers you may have. Remember all illness is not just a physical phenomenon and if we don’t heal the emotional we’ll keep having the physical symptoms recur. EFT, hypnotherapy and craniosacral (level 2 or higher) or energy/spiritual healing are all good modalities for healing body-located emotional roots.

**Question:**
It’s day six of my food re-introduction program and I ate a chicken breast roasted in olive oil and salt and it produced no reaction and NO STOOL. Is this normal? A friend had warned me about this from what he’d observed in hospital, that it’s pretty well all water, so no food waste came out at all. Yesterday I had rice cooked in broth for lunch and then a pretty full meal of rice, tuna and zucchini for dinner (bad food combining, I guess, but it seemed like the right thing). So far, so good. I did have one bowel movement first thing this morning, which was small and runny, but digested and still affected by the two shakes I also had yesterday. No bloating, or gas, or gastric discomfort. Overall I feel really good. Did an intensive yoga class two nights ago that would have been unimaginable a couple of months ago. My skin looks better than usual and my energy is great. So I feel positive. I’ll try not to worry about the diarrhea thing and hope it will take care of itself once I’m totally back on solids.

**Answer:**
Remember too that healthy digestion means food takes between 24 to 48 hours to transit to fecal matter, so that chicken may still be on its way out yet. Also, it’s not just the solid food intake that remedies the diarrhea, it’s the re-population and build up of good bacterial flora that’s primarily responsible for that, so you have to allow some time for that colonization to take place. And of course, the time that takes is going to vary from person to person. I think your rice, tuna, zucchini meal is probably okay food combining (because many proponents of food combining find they can tolerate rice with protein) and the perfect type of meal for where you’re at (or anyone really!). If you follow your own body’s wisdom - above any rules - you will always do what’s best for
you at that time. Sounds like you’re on the right track!

**Question:**
I spent the morning reviewing my food diary looking for some connections, which made me feel proactive about things. I looked at days where I was having solid bowel movements and no welts, and thought I should just try to go back to my menu for those two days prior and avoid the items that preceded diarrhea or welts. Obvious, I know. I have been concentrating, as you suggested, on the fact that I feel great. Totally normal. When the diarrhea hits, it’s fast, and over fast too, and unlike before, it’s not making me feel weak, or making my guts heave and cramp. So what are your thoughts on the wisdom - if one were having a mini-flare, or sudden return of certain symptoms - of retreating back to shakes for, say, two or three days. Just to keep things in check. Do you think there’d be any benefit or do you think it needs to be a longer chunk of time? My own feeling is that this would keep a symptom from running its course by stopping it in its tracks.

**Answer:**
Yes, if your symptoms are caused by food intolerance/allergy, then going on the shakes for a few days would certainly be an effective clearing therapy. However, if symptoms are caused by a ‘disease flare-up’ then you need to go back on the elemental diet for at least 3 weeks (many doctors recommend another full 6 weeks) to give the body a chance to heal properly and thoroughly before introducing food again. But it sounds like your symptoms are food intolerance-related, rather than a full-blown flare up. Follow your own intuition (use the relaxation exercise in Chapter Two) and you’ll know what to do.

**Question:**
If a food is going to cause gas, within what timeframe do you think it should typically do so? I ate some sautéed green peppers at lunch (12:00). It’s now 8.30 pm and I haven’t had any gas or discomfort. So do you think I can classify this food as ‘safe’ in terms of gas/bloating?

**Answer:**
If food causes gas, usually it’s anywhere from immediately to within about four hours of eating. Traditionally, carbohydrates take 1 - 1.5
hours to be digested in the stomach and then begin their passage through the intestines, meat takes 2 - 2.5 hours in the stomach and fruit takes about 15-20 minutes. So, depending on where your gas occurs (stomach, bowels, etc.) and how long after eating it happens, you can narrow down the likely culprits. 8.5 hours and I’d say you’re free and clear! Traditional, complete digestion of a food through the entire digestive tract takes 24-48 hours (when I use the word ‘traditional’ here I’m referring to the digestive process in healthy, normal systems) so technically, I guess a food could cause gas up to 48 hours later if the gas was in the colon. However, I’ve never had such a delayed reaction, nor known of anyone else who has. I think, in people with sensitive digestive systems, you’d see bloating or gas pains within four hours - maybe six hours at the outside. But again, as everyone’s body is different, you really just have to test the suspected food 2 – 3 times and see if you get the same reaction (or no reaction) to be sure.

**Question:**
I’ve been doing quite a bit of reading about elemental diets on the web and have found article after article from all over the world (MEDICAL studies) that say what you do: That these diets are as effective as steroids for attaining remission but have the added benefit of actually healing the bowel. So why is this not even mentioned as a possibility by my GI? Clearly because it doesn’t sell drugs. I just find the whole thing so blatant.

**Answer:**
Yes, I know what you mean about the elemental diet – but I think a lot of GIs (Gastroenterologists) don’t bother with it because the compliance rate is really low. And if you’ve tasted the hospital elemental diet products you’ll know why! Also, they don’t have the yummy broths and jello to help them along - just nauseatingly sweet, thick drinks that contain so much low quality oil they make your guts spasm constantly. In addition, just an elemental diet alone won’t provide the level of healing that the IBD Remission Diet does - because of the wild oregano to clear pathogens, targeted supplementation plan, probiotic colonization and systematic food re-introduction testing. Well, hopefully this book will be the first step in increasing awareness and facilitating
implementation of this wonderful natural healing program for people!

**Question:**
My son has been drinking 6 shakes per day for the last 4 weeks and as per your suggestions, we stopped adding the vitamin C, he has been on high dose probiotics for 2 weeks, has done the Probiotic Retention Enema three times and he has been on your wild oregano oil protocol for 4 weeks (which he feels is really helping), BUT he is still having 20 - 25 bowel movements per day and is up 6-7 times a night. He is exhausted and frustrated. We are thinking that he is allergic to something in the shakes - perhaps the whey protein. Do you think he should start transitioning to solid food and get off the shakes? We would appreciate any suggestions or thoughts you may have for getting him healthy. He was really hoping to get his Crohn’s under control through the diet, but so far that hasn’t happened. It may just be a lot longer healing process for him than he hoped for. He’s tried many different natural healing methods over the past three years and it’s been very disappointing that he hasn’t been able to get well.

**Answer:**
Yes, in light of everything you’ve told me, it does look like he’s intolerant to some ingredient in the shakes. So yes, I would transition faster (perhaps immediately if that feels good to him) to the normal foods, but keep the broths going. You can puree whichever veggies he tolerates and add them to the broths. You can also give him lots of eggs, or make them into a shake to get some good quality protein in him - if he tolerates eggs. Type *Raw Nutrient Shake* into the search box on my blog and it will pull up a video and recipe for you to use.

It also sounds like he should keep going on the wild oregano and probiotics. Since he will no longer be on the elemental diet, he can begin using (ramp up gradually to recommended dosage) MetaCleanse and see if that alleviates the diarrhea - this combination product (flax seed, psyllium & bentonite) was initially recommended to me by a reader who had tried everything else to stop his diarrhea and nothing had worked when used singly, but when combined like this, it firmed up his stools within a few days - you can order it through our LTYG Holistic Health Shoppe.
Lastly, remember that if you do ALL the physical components and the symptom still won’t budge, then it is your body trying to get a message to you about something you need to resolve on the emotional plane - a relationship, a belief, pattern of behaviour, fear, trauma, sadness, a stressor... there may be something very serious and very detrimental to his health that is going on in the emotional realm.

As his mother, you are not only connected with him on the cellular level (he is flesh of your flesh, bone of your bone), but on the energetic level as well. For this reason, if you do EFT for yourself, when you resolve and shift things in your own being/life, that can automatically heal things for your son as well (and your husband, etc.). So in addition to the emotional work that Phillip is currently doing with EFT, I would strongly encourage you to begin sessions for yourself as well, since your “stuff” will be mirrored in his body and vice-versa. It is very common (and even recommended) that parents and children walk the path of healing together. I have written an in-depth article about this on my blog called: *Chronic Illness & The Family Dynamic* (use the search box on the blog at www.ListenToYourGut.com to pull it up).


3. *Elemental and Semi-Elemental Formulas: Are They Superior to Polymeric Formulas?* By Diklar Makola, M.D., M.P.H., Ph.D., Gastroenterology Fellow, University of Virginia Health System, Digestive Health Center of Excellence, Charlottesville, VA. PRACTICAL GASTROENTEROLOGY • DECEMBER 2005


5. *Effectiveness of an ‘half elemental diet’ as maintenance therapy for Crohn’s disease: a randomized-controlled trial* by S. Takagi et al. 2006 Aliment Pharmocol Ther 24, 1333-1340

6. Mary Enig, PhD, and Sally Fallon: *The Truth about Saturated Fats*

7. Joseph Mercola OMD, *Coconut Oil in the Kitchen*

8. *Newsletter*, Raymond Peat PhD

9. Mary Enig, PhD, and Sally Fallon: *The Truth about Saturated Fats*


111, 1949, pp. 209-214


13. *Broth Is Beautiful* by Sally Fallon

14. *Broth Is Beautiful* by Sally Fallon

Please note: ALL supplements and products recommended in the book are carried online at the LTYG Holistic Health Shoppe (www.ListenToYourGut.com) or 1-888-866-7745 or 360-989-9450
Remember to order as many items together as you can to save on shipping. If you prefer to order direct from the manufacturer, or to have your local health store order them in, the details are below.

ALOE VERA JUICE
George’s Roadrunner Aloe Vera Juice
Warren Laboratories Inc.
1656 I-35 South Abbott, Texas
76621, USA
www.warrenlabsaloe.com
and
www.ListenToYourGut.com

COLD-PRESSED OILS
Udo’s Choice Oil Blend
www.udoerasmus.com
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Houston Tri-Enza Chewable Enzymes
Houston Enzymes
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Absorb Plus
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*contains only free-form aminos so you will need to add a peptide-bond protein*

Environmed Research

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Blaine, WA, 98230, USA

toll-free: 1-888-866-7745
tel: 360-989-9450

www.mucosaheal.com

and

www.ListenToYourGut.com

Not available in retail stores, order on-line or by phone.

**MINERALS**

**Bone Support**

World Health Mall

Alpine, CA, 91903

tel: 619-938-1671

www.worldhealthmall.com

and

www.ListenToYourGut.com

Not available in retail stores, order online or by phone.
**Minerals Of Life Trace Minerals**
World Health Mall
Alpine, CA, 91903
tel: 619-938-1671
www.worldhealthmall.com
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Not available in retail stores, order online or by phone

**PROBIOTICS**
*Digesta Lac, Bifido Factor Mega Dophilus & Life Start* (powders)
*Healthy Trinity* (capsules)
Natren Inc.
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Westlake Village, CA
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**SUPPOSITORYES**
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Not available in retail stores, order on-line or by phone.

VITAMIN C
Emergen-C
Naturally Flavored Drink Powders
Alacer Corp.
www.alacercorp.com
and
www.ListenToYourGut.com

Powdered (unflavoured) Vitamin C Ascorbate
www.ListenToYourGut.com

ALL OTHER SUPPLEMENTS
Coenzyme Q10, Pycnogenol, Grapeseed, Iron, Bioflavonoids, Vitamin E, L-Glutamine, Multi-Vitamins, Vitamin B Complex
Should be available at your local health store if you don’t want to order online, but see my LTYG Holistic Health Shoppe for brand and formulation recommendations, to ensure bowel tolerance:
www.ListenToYourGut.com
CHAPTER TWO

Fructose:


Coconut oil and butterfat:

- Isaacs CE, Schneidman K. Enveloped Viruses in Human and
CHAPTER SIX

Wild Oregano Oil
A study of the minimum inhibitory concentration and mode of action of oregano essential oil, thymol and carvacrol
R.J.W. Lambert, P.N. Skandamis, P.J. Coote and G.-J.E. Nychas
Journal of Applied Microbiology 2001, 91, 453±462

Antibacterial Activities of Naturally Occurring Compounds against Mycobacterium avium subsp. paratuberculosis

Mechanisms of Action of Carvacrol on the Food-Borne Pathogen Bacillus cereus
Ultee, E. P. W. Kets, and E. J. Smid

Antimicrobial Action of Carvacrol at Different Stages of Dual-Species Biofilm Development by Staphylococcus aureus and Salmonella enterica Serovar Typhimurium
J. R. Knowles, S. Roller, D. B. Murray, and A. S. Naidu

Colonoscopes Cannot Be Sterilized – Clinical Evidence:
Here’s the scientific evidence (from mainstream medical journals) – with the actual articles quoted that outline the top concerns surrounding the inability to properly sterilize colonoscopes (and other endoscopes).

Many Scopes Damaged By High Heat Sterilization
This article (below) highlights the ongoing debate over how exactly to
effectively sterilize endoscopes (include bronchoscopes, sigmoidoscopes, colonoscopes, gastroscopes, etc.). The sterilant most widely used for scopes which are damaged by high heat (and most are) is gluteraldehyde. But, see the next article to find out why Gluteraldehyde is NOT a good sterilant for the patient receiving a colonoscopy.

**Endoscope decontamination: Where do we go from here?**
By: Babb JR, Bradley CR

Thorough cleaning and disinfection or sterilization of endoscopes and associated equipment will reduce the likelihood of misdiagnosis and post-procedural infection. It will also prevent instrument deterioration and malfunction. With a rapid escalation in demand for endoscopy, particularly that associated with minimally invasive surgery, it is important that we have the processing technology to match the diagnostic and therapeutic value of these instruments without exposing staff and patients to unnecessary risk.

Wherever possible staff should purchase heat tolerant endoscopic equipment that is readily accessible for cleaning. Automated processors, e.g. washer disinfectors and ultrasonic cleaners, improve the quality of the decontamination process but machines must have a self-disinfect function to prevent instrument recontamination during processing. Sterile, or filtered bacteria-free, water is essential for bronchoscopes and invasive instruments. Glutaraldehyde is still the most widely used disinfectant, particularly for the heat sensitive flexible endoscopes, but it is irritant and sensitizing and a safer alternative is sought.

Peracetic acid is more rapidly efficacious and probably less irritant and, provided it does not damage endoscopes and processing equipment, may prove a suitable alternative. Unfortunately there are no nationally agreed test methods for assessing this and other new endoscope disinfectants and therefore no register of suitable or approved products. There is also no proven safe alternative to ethylene oxide for sterilizing invasive heat labile flexible endoscopes. It is important that, if toxic disinfectants and sterilants are used, staff and patients are suitably protected from exposure. Update training is
essential for all processing staff if infection risks are to be minimized and sensitization problems avoided.

- J Hosp Infect 1995;Vol 30, Iss Suppl.:543-551

Common Colonoscope Disinfectant Causes Colitis
In this next article we find that gluteraldehyde on colonoscopes (the residue left after sterilization), can result in toxic colitis - symptoms within 48 hours of the colonoscopy included cramps and abdominal pain, tenesmus (painful, urgent straining to defecate), rectal bleeding and in some cases, hemorrhaging. Also, if you’ve been diagnosed with ischemic colitis, you may in fact have gluteraldehyde-induced toxic colitis!

**Glutaraldehyde colitis: radiologic findings**
By: Birnbaum BA, Gordon RB, Jacobs JE
Department of Radiology, Hospital of the University of Pennsylvania, Philadelphia 19104

**Purpose:** Two percent gluteraldehyde on colonic mucosa may result in a toxic colitis, and the clinical features may mimic those of colonic ischemia. The study was performed to determine the radiologic appearance of gluteraldehyde-induced toxic colitis.

**Materials and Methods:** A retrospective review was performed with the clinical and imaging findings in four patients with gluteraldehyde-induced colitis seen during a 6-year period.

**Results:** Patients developed a self-limited syndrome of cramps and abdominal pain, tenesmus, and rectal bleeding within 48 hours of uncomplicated sigmoidoscopy or colonoscopy. Sample cultures excluded enteric pathogens. Computed tomography (CT) demonstrated circumferential thickening of the colonic wall in a left-sided distribution in all patients. Heterogeneous mural enhancement (target-sign appearance) was noted in two patients. Follow-up CT studies confirmed resolution of mural wall thickening with conservative management.
**Conclusion:** The clinical and radiologic features of glutaraldehyde-induced toxic colitis may mimic those of colonic ischemia. This complication should be suspected in patients who develop hemorrhagic colitis immediately after undergoing colonoscopy.

- Radiology 1995;195:131-134

**Commonly Used Colonoscope Disinfectant Cannot Kill Mycobacterium**

Also important to note, is that Gluteraldehyde (the most commonly used disinfectant for endoscopes) is not very effective against mycobacterium (remember that Mycobacterium Avium Paratuberculosis has been detected in 92-100% of Crohn’s patients - incidence varies between studies). The normal amount of time a hospital immerses a colonoscope in Gluteraldehyde is 10-20 minutes. This article shows that even after 45 minutes, mycobacterium still remained in four out of five scopes.

**Mycobacteria and glutaraldehyde: Is high-level disinfection of endoscopes possible?**

By: Urayama S, Kozarek RA, Sumida S, Raltz S, Merriam L, Pethigal P

**Background:** High-level disinfection of endoscopes has traditionally been undertaken by manual or automatic scope cleaning plus a 10 to 20 minute soak in 2% alkaline glutaraldehyde. Mycobacteria species are less sensitive to glutaraldehyde, and a 45-minute instrument soak has recently been recommended by the manufacturer. Because of concerns over endoscope damage, need for more endoscopes, and perception that the current cleaning method is adequate, we prospectively studied mycobacteria-contaminated endoscopes at various stages of the cleaning process.

**Methods:** All work was done under a laminar flow hood in a microbiology laboratory. Five gastrointestinal scopes were contaminated with 10(8) colony forming units per milliliter (CFU/mL) of Mycobacterium chelonei, an atypical mycobacterium similar
in chemical resistance to Mycobacterium tuberculosis but with less infectious potential. Cultures of the sheath, biopsy channel, and elevator channel were taken at baseline, after manual cleaning, and after 10, 20, and 45 minutes of glutaraldehyde soak both before and after alcohol rinse.

**Results:** Manual cleaning resulted in a mean of 4.7 log(10) reduction in viable mycobacterial colonies. Qualitative studies of the external endoscope surface as well as the air-water valve showed no detectable organisms after a 10-minute exposure to alkaline glutaraldehyde. Conventional quantitative culture techniques of the channels demonstrated one endoscope out of five with consistent growth after a 10-minute exposure to glutaraldehyde. Following alcohol treatment, there was no significant colony growth. In contrast, a quantitative membrane filter system showed the presence of at least one mycobacterial colony in four out of five scopes after a 45-minute glutaraldehyde exposure. Conclusions: Additional studies utilizing a standardized mycobacterial species, inoculum size, and suspension characteristics are recommended to delineate adequate duration of disinfectant exposure time.

- Gastrointest Endoscop 1996;Vol 43, Iss 5:451-456

**Gas Sterilization Ineffective For Colonoscopes**

Here we have another article assessing endoscope sterilization procedures - in this case gas sterilization, and the conclusion is again: unable to properly/reliably sterilize: “The inability of all sterilizers, including the 12/88, to kill organisms in narrow lumens reliably when serum and salt were present raises concern about the current practice of gas sterilization of flexible endoscopes”. Here’s the hard evidence:

*Comparison of ion plasma, vaporized hydrogen peroxide, and 100% ethylene oxide sterilizers to the 12/88 ethylene oxide gas sterilizer*

By: Alfa MJ, Degagne P, Olson N, Puchalski T
**Objective:** The performance of a standard gas sterilizer, which uses a mixture of 12% ethylene oxide (EtO) and 88% chlorofluorocarbon as the sterilizing gas (12/88), was compared to selected gas, ion plasma, and vaporized hydrogen peroxide (H2O2) sterilizers that do not use chlorofluorocarbons. The effect of serum and salt on sterilizer performance was evaluated.

**Design:** Test carriers (porcelain and stainless steel penicylinders, or 125-cm lengths of plastic tubing [internal diameter of 3.2 mm]) were inoculated with Escherichia coli, Enterococcus faecalis, Pseudomonas aeruginosa, Mycobacterium chelonei, Bacillus stearothermophilus spores, Bacillus subtilis spores, and Bacillus circulans spores and then subjected to sterilization using 12/88, 100% EtO, ion plasma, or vaporized H2O2. The bacterial inoculum was prepared with and without 10% serum and 0.65% salt, and the residual bacterial load after sterilization as determined using viable counts.

**Result:** All of the sterilizers tested effected a six-log(50) reduction of the bacterial inoculum on penicylinders, unless 10% serum and 0.65% salt were present, in which case the 100% EtO, vaporized H2O2, and ion plasma sterilizers were not as effective as the 12/88 sterilizer. None of the sterilizers could eradicate 10(6) CFU of all of the bacteria in 10% serum and 0.65% salt when inoculated inside a narrow lumen.

**Conclusions:** The margin of safety for the 100% EtO, vaporized H2O2, and ion plasma sterilizers is less than that of the 12/88 sterilizer. The inability of all sterilizers, including the 12/88, to kill organisms in narrow lumens reliably when serum and salt were present raises concern about the current practice of gas sterilization of flexible endoscopes.

- Infect Control Hosp Epidemiol 1996;Vol 17, Iss 2:92-100
Human Error Results In Unsterile Colonoscopes
This next article points out that even if a hospital does have an effective sterilization or disinfection method in place - the endoscope will NOT be sterile if it has not been thoroughly cleaned BEFORE sterilization/disinfection takes place. And this is where the potential for human error, lack of time, lack of staff, etc. comes into play.

*High-level disinfection or “sterilization” of endoscopes?*
By: Muscarella LF

Controversy has surrounded the use of liquid chemical germicides to reprocess medical instruments that are damaged by heat sterilization. A review of the literature was performed to assess and compare the efficacy of disinfection and sterilization processes. The results of this review demonstrate that high-level disinfection of thoroughly cleaned endoscopes is not associated with a higher infection rate than is “sterilization.” While there may be a theoretical distinction between the highest level of disinfection and sterilization, thorough cleaning eliminates clinical differences between the two. High-level disinfection is quick, effective, inexpensive, and recommended whenever heat sterilization is not feasible. A low-temperature sterilization process should be considered only if it is comparable in cost to disinfection or if it offers demonstrated advantages without damaging the instrument. Neither disinfection nor sterilization is likely to be effective if the instrument is not cleaned thoroughly after use.

- Infect Control Hosp Epidemiol 1996;Vol 17, Iss 3:183-187

**Of All Endoscopes, Colonoscopes Have Highest Level Of Contamination**
This article highlights the fact (in a TWO YEAR study) that whether manual or automated sterilization procedures were used, colonoscopes were more often contaminated than gastroscopes or bronchoscopes:
Evaluation of bacteriological contamination of gastrointestinal and pulmonary endoscopes after cleaning and disinfection procedures
By: Duc DL, Sing JSC, Mallaret MR, Soule H, Arnaud C, Croize J, Calop J

The increasing number of endoscopic interventions as well as the risk of patient to patient transfer of microorganisms contributed to put maintenance procedures of endoscopic instruments forward. The authors evaluated the quality of the procedures applied in their hospital during 2 years: a manual and an automated disinfection with Olympus ETD. 14 bronchoscopes, 20 colonoscopes and 22 gastroscopes were studied. The internal channels were sampled by injecting a mixture inhibiting of the glutaraldehyde effect containing also a surfactant. They were shown to be more contaminated than the other sampled sites (moving extremity part, valves). The operator channel was shown to be more often contaminated in case of coloscopes in comparison with the results for the gastroscopes and bronchoscopes; however the contamination was lower after an automated maintenance instead of a manual maintenance (p = 0.05). Concerning storage, a period superior to 12 hours was shown to increase the level of contamination of the operator channel, and it was all the more contaminated since the drying was not well performed.

- Med Mal Infec  1996;Vol 26, Iss 2:99-104

Following Sterilization Procedure Doesn’t Result in Sterile Colonoscopes
This study shows that following standard colonoscope sterilization procedures 62.3% of the outside surfaces were still contaminated and 40.3% of the channels were still contaminated with infectious bacteria. Instituting further sterilization procedures reduced the bacterial contamination but did not eliminate it - i.e. the colonoscopes still were not sterile.
Quality improvement in gastrointestinal endoscopy: Microbiologic surveillance of disinfection

Background: Cleaning and disinfection procedures play an essential role in the prevention of infection transmission in gastrointestinal endoscopy. In spite of published detailed guidelines, several variants and weak points still exist.

Methods: Cleaning-disinfection procedures were carried out according to “Working Party, Sydney 1990.” A microbiologic surveillance protocol tested the contamination of endoscopes and of automatic washing machines. To assess and improve the efficacy of disinfection, we adopted a quality assurance program.

Results: During a 2-year follow-up, the outside surfaces of gastroscopes were contaminated in 60.5% and channels in 41.3%; the outside areas of colonoscopes were contaminated in 62.3% and channels in 40.3%. Isolated bacteria were gram-negative organisms, particularly Pseudomonas species, and gram-positive organisms, mostly Staphylococcus species. The water reservoirs of automatic washing machines were frequently contaminated by Pseudomonas aeruginosa. The disinfection of washing machines and alcohol rinsing of endoscopes after standard procedures significantly reduced the bacterial contamination.

Conclusions: The microbiologic surveillance pointed out the main weak points that could be improved by the adoption of corrective interventions. Quality assurance is a feasible method to assess the efficacy of cleaning-disinfection, and its wide application would improve quality of care.

- Gastrointest Endoscop 1996;Vol 43, Iss 5:457-462
**APPENDIX C - RECOMMENDED READING**

**Braving The Void** by Michael Greenwood, MD
Dr. Greenwood uses acupuncture to access mind/body integration and healing. Acupuncture on the part of the body that is experiencing pain causes the mind/body to enter ‘the void’ where the root causes of the trauma/illness are brought to consciousness and offered up for healing. The book is filled with fascinating case studies from his practice. www.gordonsoules.com

**Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships** by Brian L. Weiss, MD
Dr. Weiss is a Yale graduate psychiatrist who uses a form of hypnotherapy called Regression Therapy to help clients access events in their past or past lives that are the source of current pain or illness - and to heal and release these traumas from the mind/body. The book is filled with interesting case studies from his practice. Simon and Schuster.

**Touch of Hope: The Autobiography of a Laying-On-Of-Hands Healer** by Dean Kraft (with Rochelle Kraft)
A well-written story of the author’s discovery and development of his gift, with lots of case studies (stories of actual clients and their healings), scientific scrutiny of his powers, and instructions on how to stimulate and use your own healing ability. Penguin Putnam.

**Why People Don’t Heal and How They Can** by Caroline Myss
The title says it all; looks at emotional and mental blockages to healing, how they interplay with the physical and what you can do about it. Random House.

**When The Body Says No** by Gabor Mate, MD
One of my favourite books of all time, will really help you understand how your endocrine (hormonal) system gets unbalanced with chronic illness and will also help you trace the emotional roots of your own illness. Random House.
LISTEN TO YOUR GUT: The Complete Natural Healing Program for IBD & IBS
By Jini Patel Thompson

This program (book & CD-Rom) has EVERYTHING you need to heal your Crohn’s, colitis, diverticulitis, or irritable bowel syndrome (IBS). It gives you the complete tool kit you need to heal all the underlying conditions and causes of these diseases, like:

- Your damaged mucosal lining (ulcers, fissures, pus, bleeding, pain, leaky gut, etc.)
- Your existing, or ongoing infection in your gut and all the consequences of this; diarrhea, constipation, strictures, fistulas, acid reflux, pain, spasming, etc.
- Your lack of a good, protective bacterial flora
- Your systemic damage due to prescription drug use (endocrine/hormonal system, immune system, nervous system, etc.)
- Your inability to properly digest or absorb nutrients from food
- Your emotional trauma or wounding being carried in the cells and tissues of your gut.
- Your ongoing stress and emotional events that continue to produce harmful biochemical reactions in the gut (neurogastroenterology).

**Herbal Remedies**
Listen To Your Gut contains all the herbal remedies you need (and Jini tells...
you exactly which brand and in which form to buy) to heal all your symptoms.

There are herbal supplements to heal the causative, underlying condition (which can take time) as well as supplements to provide quick relief from immediate symptoms.

**Healing Diets**
Listen To Your Gut also contains all the dietary guidelines and restrictions you need to avoid triggering unpleasant symptoms (like gas, bloating, pain, diarrhea, etc). There is a series of Healing Diets that you follow according to which symptoms you currently have. Then, as you begin to heal yourself, and symptoms resolve, you move up to the next, more lenient Diet, and so on, until you are completely healed and can eat pretty much anything! Of course, no one should eat things like processed foods, MSG, nitrates, artificial flavors, sweeteners, colors or preservatives, etc.

**Mind/Body Therapies**
Listen To Your Gut covers all of the emotional and bodywork tools you can use to heal yourself holistically. Jini has probably tried just about every therapy modality in existence, but she only presents you with the ones that work effectively. These therapies will help you heal things ranging from intestinal adhesions to the abdominal wall, to insomnia.

**Detoxing Your Lifestyle & Environment**
Jini takes you through your entire home and day-to-day life and teaches you what is toxic and compromising your health, and how to get rid of it, or replace it with non-toxic alternatives. Checklists and step-by-step instructions make this easy to do.

**Drugs, Surgery & Your Doctor**
Listen To Your Gut also provides detailed guidelines for weaning yourself off prescription drugs. How to assess whether a surgical procedure is really necessary – or are there natural alternatives you can try first? It also covers testing and exploratory procedures (like colonoscopies) – when are they really necessary, and how you can protect yourself before, during, and after to minimize damage and adverse effects.


**Pregnancy & Women’s Chapter**

Jini (who has 3 children herself) provides special guidelines for pregnant women with Crohn’s, IBS, or colitis, or for women who would like to become pregnant and create healthy babies. Other issues specific to women like non-toxic menstrual products and safe, non-toxic birth control methods are also discussed. For both men and women, Jini talks about the particular stressors of parenting infants/toddlers and how people with already burdened immune systems can protect themselves and safeguard their health during this wondrous, but stressful time.

**Listen To Your Gut** provides detailed instructions for your Healing Journey, including:

- Which foods are safe for you to eat. Which foods to avoid because they will trigger pain, bloating, diarrhea, or bleeding

- Which herbal supplements will help you manage your symptoms day-to-day, and also effect long-term, root-cause healing

- How to manage and treat the cycles of your disease, including flare-ups, using entirely natural methods

- How to become and remain drug and surgery-free

- How to transform pain and control your bowels – no more embarrassing accidents

- How to get in touch with your body’s unique needs and take control of your healing process – resulting in greater peace and confidence

**Everything has been extensively trial-tested**

Another reason why this program is worth its weight in gold is because Jini has tested all of these supplements and protocols on herself first, and then they have been tested by over 7,000 people as well! The first edition of Listen To Your Gut was published in 2000, so Jini has since received over a thousand emails from readers with their detailed feedback.
You can rest assured that any treatment protocols in Listen To Your Gut have been extensively tested by thousands of people with colitis, diverticulitis, irritable bowel syndrome and Crohn’s disease. Here are some of the comments Jini has received:

“My colon has been in remission for six years now”
I was diagnosed with a colon lesion in 2002, after a whole year of being in so much pain. They couldn’t see what was wrong with me because I was pregnant at the time. So when my daughter was two months old I had my colonoscopy and they found out that I did have Crohn’s ulceration in my ileum.
It was the early stages but they said I had to go on steroids, and I said ‘no’ because I want to breastfeed - and I wanted to check the alternatives. I ran into Jini’s web site with my mom’s help and read her testimonials. I bought Listen To Your Gut and bought The IBD Remission Diet, loved the books, did the six week elemental diet. And took Jini’s book advice and took supplements, probiotics, and even chatted with Jini online to check if what I was doing was right. And my colon has been in remission ever since.
It’s a great site, it’s a great book. She knows what’s she’s saying. It worked for me, so I hope it works for you guys too.
- Michelle J., Australia

“I’ve recommended your book to many, many people”
I was diagnosed with ulcerative colitis probably two, two and half years ago and was put on drugs and all kinds of things that worked a little bit but were very - had horrible side effects. And as soon as I went off them the colitis seemed to all come back.
After reading the material from Listen To Your Gut and following the suggestions in the book, I have had no recurrences whatsoever. Absolutely just normal functions and it’s just remarkable! I’ve recommended the book to many, many people and cannot recommend it too highly.
- Maureen D., British Columbia

“Our son has grown 6 inches and went from 78 lbs. to 106 lbs.”
We already have Listen To Your Gut and we use the advice. S. was diagnosed two years ago and we have treated him naturally, as best we could, ever since.
The year he was diagnosed he was 10 years old and he went from 90 lbs. down to 78 lbs. and he did not grow at all that year. We used your advice on the oregano and changed his diet. Since then he has grown 6 inches and went from 78 lbs. to 106 lbs. He has had one setback this past January; he was in the hospital for six days because of a rectal abscess. They also wanted to cut out a section of his intestine, which we did not allow to happen. So far he has done well. We would certainly recommend Listen To Your Gut to anyone who is willing to participate in their own healing. Thank you.

- Jim E., Ohio

“They haven’t found any Crohn’s”

Jini & the team have certainly put in a huge amount of effort to produce the books. Finally somewhere to get information that doctors couldn’t (but should) provide. My attitude towards my own health has already changed. Knowing that there is hope of leading a normal life where I am in control and not the Crohn’s. Diet, positive thinking and visualization has made a huge difference on my general well being. I was diagnosed with Crohn’s at age 16 and have now had it for 14 years. I have had 3 bowel resections, the first due to the Crohn’s, the second was a stricture and the third was a twisted bowel when I was pregnant with my first child.

I am now drug free and follow a (not so strict) Low Fructose diet, which has made a world of difference. I am now at the stage where my symptoms are more of a severe irritable bowel (so the doctors diagnose) as they haven’t found any Crohn’s since I was first sick.

- Deanne W., Australia

Find out more and sign up for Jini’s free newsletter and many free reports at: www.ListenToYourGut.com
LISTEN TO YOUR IBS: Your Complete Natural Healing Guide
By Jini Patel Thompson

This book gives you all of Jini’s valuable information, tools and protocols to heal your IBS, and it incorporates the feedback received from thousands of readers to date. It is similar to Listen To Your Gut, but it contains only the information and healing protocols applicable to irritable bowel syndrome. It also contains information not available in Listen To Your Gut like spastic colon treatment, expanded hypnotherapy information, applicable clinical studies, etc.

Depending on the severity of your IBS, you may:
- not be able to sleep well at night
- deal with constant pain throughout the day
- be unable to engage in social activities due to diarrhea or flatulence (gas)
- have ‘brain fog’, poor memory, plugged ear, floaters in your eyes
- have trouble eating due to pain and bloating
- suffer from mouth ulcers, anal fissures, constipation, spasms, cramping, hemorrhoids, etc.

If this list sounds like you, then you need this book!

Because nutritional intake and digestive health are the foundation for the health and wellbeing of our entire body, any problem with your digestive system (no matter how mild) is impossible to ignore for very long and seriously impacts your quality of life.

Listen To Your IBS contains everything you need to completely heal your IBS, because it was specifically written to address all seven of these crucial areas:

1. Your damaged mucosal lining (results in inflammation, pain, and reduced nutrient absorption)
2. Your existing, or ongoing infection in your gut and all the consequences of this: diarrhea, constipation, pain, cramping, acid reflux, etc.

3. Your lack of a good, protective bacterial flora

4. Your systemic damage due to prescription drug use (endocrine/hormonal system, immune system, nervous system, etc.)

5. Your inability to properly digest or absorb nutrients from food

6. Your emotional trauma or wounding still being carried in the cells and tissues of your gut.

7. Your ongoing stress and emotional events that continue to produce harmful biochemical reactions in the gut.

“I was told I would need to take pills for the rest of my life – and now I take none!”

“The initial diet was quite strict however, I now have quite a regular, normal diet and consume small portions of alcohol. Obviously this is a fantastic situation from the prospect of being told I would need to take pills for the rest of my life to where I take none. Many thanks for the advice in your book.”

- Max R., Dublin, Ireland

“My diarrhea of ten years stopped within three weeks!”

“I did just one thing suggested in your book, and my diarrhea of ten years stopped within three weeks. I would recommend this book to anyone with these diseases.”

- Catherine G., Vancouver, Canada

“Within 3 weeks the pain is gone, burning has eased, nausea subsided and the dreadful diarrhea is gone!”

“Just wanted to pass on to you my thank you’s for your book and the help I received from it. It is by far the best book I have read for my symptoms of IBS, Diverticulitis, and Lactose Intolerance. I followed many of your suggestions
and within 3 weeks the pain is gone, the burning has eased, the nausea has subsided and the dreadful diarrhea has stopped!! Keep up the good work!”

- Debbie F., Arizona, USA

Find out lots more, read Chapter 1 and sign up for a free mini-course at: www.ListenToYourGut.com
BABY FART AEROBICS: And Other Natural Treatments for Colicky Babies (DVD)
By Jini Patel Thompson

In this groundbreaking DVD, Jini shares the techniques and methods she developed to heal her own son’s colic, so that you too can relieve and heal your baby’s pain and crying. The core routine for loosening the pelvis/bowel and facilitating the passage of stool and gas, consists of three simple steps, combined with colonic massage (= Baby Fart Aerobics). She’ll teach you this same routine to use with your baby, to relieve the pain and crying from colic. Also addressed are contributing factors such as maternal diet, food allergies, emotional components, advanced burping techniques, etc. The perfect gift for expecting parents!

Baby Fart Aerobics will help you address these crucial components of colic:

1. Performing the physical massage and pelvic loosening movements to relieve and release baby’s trapped gas and stool.

2. Examining what you may be eating (if you’re breastfeeding) that causes lots of gas for baby, or perhaps triggers allergies in your baby - Jini gives you a testing method and also a list of the top offending foods.

3. How to supplement your baby’s diet with top quality probiotics to ensure it has a healthy gut flora and thus is able to digest food properly and minimize gas production.

4. Jini shows you various burping methods and positions that help your baby to burp up the gas without barfing, or “spitting up” at the same time.
5. If you have a baby that wakes up again every time you burp her, Jini will show you a position you can have her lie in, that will help her to burp and fart whilst asleep - therefore you don’t have to risk waking her up by trying to burp her. You just breastfeed her, and when she’s asleep, lay her down in this position.

6. How to use a nice hot bath to relax even the most rigid bowel and give your baby instant relief. Yes, you can take even a 2-day-old in the bath - Jini demonstrates how.

7. How to determine if your baby has a blockage or obstruction in their intestines, and how craniosacral therapy can easily, painlessly remove these - Jini shows you a live demonstration with a craniosacral therapist.

8. Bonus: help for common postpartum problems like hair loss, rectal/anal fissures, and difficulty getting good nutrition during this stressful time.

Praise for Jini Patel Thompson’s BABY FART AEROBICS DVD:

“I have four children and I sure wish I had this DVD when they were babies! As it is, I still learned new, useful things from this DVD. It’s the best DVD I’ve seen in 15 years in the business. Very impressive.”

Sharon Dean,
National Children’s Book/CD/DVD Distributor

“Check out Jini Patel Thompson’s DVD for natural ways to heal your baby’s colic - and yes, that is its real title!”
Parents Magazine
March 2006

“We used the techniques in this DVD when my newest grandson developed colic and they worked really well. He was soon back to normal.”

Linda Knox,
Registered Midwife, Vancouver, BC
View a sample clip of the DVD, along with the information booklet, blog and lots more at:
www.colicinfant.com

**MURRAY THE SHARK – SLEEP TIME STORIES**

These audio stories on CD, written and narrated by Jini Patel Thompson, involve exciting plots, or a puzzle to figure out, and hold children’s attention rapt. Murray the Shark and his friends Odelia Octopus and Sammy Seahorse teach your child meditative breathing and how to access their intuition.

They are designed as bedtime (or naptime) stories and to send children off to sleep with good feelings, thoughts and dreams. Simply pop a CD into the player, or download the MP3’s to your iPod and cuddle up with your child for an interesting, educational story that also puts them to sleep by the end. Or, you can use the Sleeptime Stories as a tool to help teach your child how to go to sleep on their own. Each story is followed by half an hour of gentle, sleepy music set to a background of soothing ocean waves.

Parents have also come up with their own uses for the CDs: They play them during dental visits, or to wind the kids down before or during supper. They take them on road trips and plane trips and also use them to get kids to sleep quickly in a new room, hotel, or other unfamiliar environment.

Find out more and listen to sample stories at:
www.SleeptimeStories.com
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About Jini Patel Thompson

A former journalist, **Jini Patel Thompson** is an internationally recognized expert on natural healing for digestive diseases. She healed herself from widespread Crohn’s Disease and has remained drug and surgery-free for over 20 years. Jini has appeared on numerous TV and radio shows throughout the U.S., giving people hope and vision for how they can heal their Colitis, Crohn’s, Diverticulitis and Irritable Bowel Syndrome (IBS), using entirely natural methods. Her books on natural healing for digestive diseases have sold worldwide in over 40 countries.

She also has a DVD on natural healing for Colic - recommended in *Parents Magazine* (#1 in the U.S.). And a line of *Sleeptime Stories* on CD for children aged 2-6.

Jini’s health articles have been published in magazines and journals in Canada, the U.S., U.K., and Australia. She lives with her husband and three children in White Rock, BC, Canada.

You can find out lots more about Jini and also subscribe to her blog, free reports, newsletter, etc. at:

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